



Salsa Ranchera

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 2 tablespoons chiles green canned chopped
- 2 tablespoons cilantro leaves fresh minced
- 2 garlic cloves minced
- 0.3 cup green onions chopped
- 1 Dash ground cumin
- 1 teaspoon jalapeno minced seeded
- 2 tablespoons juice of lime fresh

- 0.1 teaspoon salt
- 2 cups tomatoes peeled seeded chopped

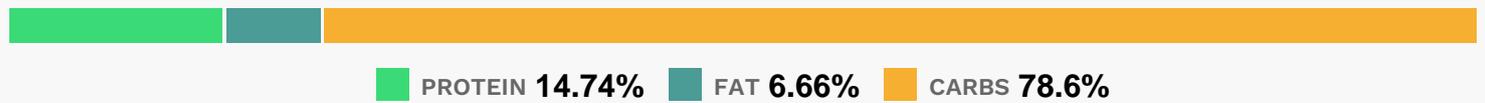
Equipment

- bowl

Directions

- Combine all ingredients in a bowl.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.9804347753525%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 15.13kcal (0.76%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 138.17mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 9.78mg (11.86%), Vitamin K: 10.88µg (10.37%), Iron: 0.8mg (4.44%), Vitamin B6: 0.09mg (4.39%), Potassium: 140.66mg (4.02%), Manganese: 0.08mg (3.77%), Fiber: 0.84g (3.38%), Vitamin E: 0.47mg (3.13%), Vitamin A: 133.65IU (2.67%), Calcium: 26.3mg (2.63%), Folate: 10.14µg (2.53%), Copper: 0.05mg (2.51%), Vitamin B3: 0.5mg (2.49%), Vitamin B2: 0.04mg (2.35%), Vitamin B1: 0.03mg (2.22%), Magnesium: 8.7mg (2.18%), Phosphorus: 15.91mg (1.59%)