



## Salsa Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 1 small clove garlic minced
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 0.8 cup bottled salsa

### Equipment

- bowl

## Directions

- Combine salsa, lemon juice and olive oil in a small bowl; mix well. Chill until ready to serve. Stir in chopped cilantro and garlic just before serving.

## Nutrition Facts

**PROTEIN 3.73%** **FAT 76.81%** **CARBS 19.46%**

## Properties

Glycemic Index:12.4, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.0904347792916%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 63.05kcal (3.15%), Fat: 5.69g (8.76%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.64g (1.83%), Cholesterol: 0mg (0%), Sodium: 256.15mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin E: 1.29mg (8.62%), Vitamin K: 5.27µg (5.02%), Vitamin C: 3.27mg (3.97%), Vitamin B6: 0.08mg (3.95%), Vitamin A: 193.01IU (3.86%), Potassium: 109.68mg (3.13%), Fiber: 0.73g (2.94%), Manganese: 0.06mg (2.76%), Vitamin B3: 0.45mg (2.24%), Magnesium: 6.38mg (1.6%), Copper: 0.03mg (1.41%), Phosphorus: 13.92mg (1.39%), Calcium: 12.48mg (1.25%), Iron: 0.21mg (1.18%), Vitamin B1: 0.02mg (1.09%)