



Salsa With Zucchini With a Hint of Lime

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



2

CALORIES



953 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 pepperoncini peppers yellow hot
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- 4 chipotles in adobo minced
- 1 tablespoon cumin
- 1 tablespoon parsley dried
- 1 tablespoon cilantro leaves fresh minced
- 6 garlic clove minced
- 1 teaspoon pepper black

- 1 scotch bonnet peppers minced
- 1 scotch bonnet peppers minced
- 1 juice of lime
- 0.3 cup brown sugar light
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- 2 servings olive oil
- 1 and orange peppers diced
- 1 tablespoon oregano dried
- 1 bell pepper diced red
- 0.5 teaspoon salt
- 4 cups onion diced sweet
- 12 ounces tomato paste
- 8 cups tomatoes diced peeled
- 1.5 cups vinegar 5%
- 6 cups zucchini shredded

Equipment

- bowl
- paper towels
- pot
- sieve

Directions

- Place tomatoes in a strainer over a bowl to catch all the juices. Very lightly oil a large heavy bottom pot, add shredded zucchini and 1/2 teaspoon salt, saute to release juices and reduce the liquid.
- Add the tomato juice to the reduced zucchini and cook for 10 minutes or till most liquid is gone.
- Add onions, all the peppers and chili's, garlic, tomatoes, spices, salt, black pepper, sugar, lime juice and zest, vinegar, and paste. Simmer over medium heat for 30 minutes. Stir in fresh basil

or cilantro.Fill into hot sterile jars with hot salsa leaving 1/2 inch head space. Being careful not to leave any salsa on the rims. Wipe jar rims with a clean, damp paper towel. Put on lids and screw on metal bands.Process for 10 minutes in a hot water bath.Label and store in a dark place. Use with 1 year.

Nutrition Facts

PROTEIN 9.27% **FAT 16.86%** **CARBS 73.87%**

Properties

Glycemic Index:203, Glycemic Load:21.51, Inflammation Score:-10, Nutrition Score:64.023478300675%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 4.11mg, Naringenin: 4.11mg, Naringenin: 4.11mg Apigenin: 45.05mg, Apigenin: 45.05mg, Apigenin: 45.05mg, Apigenin: 45.05mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg Myricetin: 4.57mg, Myricetin: 4.57mg, Myricetin: 4.57mg, Myricetin: 4.57mg Quercetin: 52.99mg, Quercetin: 52.99mg, Quercetin: 52.99mg, Quercetin: 52.99mg

Nutrients (% of daily need)

Calories: 952.8kcal (47.64%), Fat: 18.89g (29.07%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 186.2g (62.07%), Net Carbohydrates: 156.66g (56.97%), Sugar: 141.67g (157.42%), Cholesterol: 0mg (0%), Sodium: 2057.1mg (89.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.75%), Vitamin C: 401.25mg (486.37%), Vitamin A: 12357.74IU (247.15%), Manganese: 3.03mg (151.74%), Potassium: 5130.68mg (146.59%), Vitamin B6: 2.57mg (128.46%), Vitamin K: 133.74µg (127.37%), Fiber: 29.55g (118.19%), Vitamin E: 15.92mg (106.11%), Folate: 349.25µg (87.31%), Iron: 14.42mg (80.11%), Copper: 1.55mg (77.55%), Magnesium: 289.91mg (72.48%), Vitamin B3: 13.07mg (65.34%), Phosphorus: 607.98mg (60.8%), Vitamin B2: 0.97mg (57.31%), Vitamin B1: 0.77mg (51.01%), Calcium: 433.34mg (43.33%), Zinc: 4.53mg (30.18%), Vitamin B5: 2.54mg (25.39%), Selenium: 15.21µg (21.73%)