



Santa Fe Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce chiles green undrained chopped canned
- 1 large clove garlic minced
- 0.5 cup purple onion finely chopped
- 0.1 teaspoon salt
- 1 cup tomatoes finely chopped

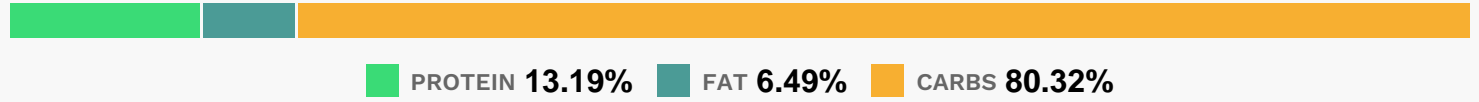
Equipment

- bowl

Directions

- Combine all ingredients in a small bowl; stir well. Cover and chill at least 2 hours.
- Serve with chicken or pork or as a dip with no-oil baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.57, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:1.8256521555393%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 12.44kcal (0.62%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.05g (0.74%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 107.43mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 9.44mg (11.44%), Vitamin A: 197.99IU (3.96%), Folate: 14.13µg (3.53%), Fiber: 0.73g (2.94%), Vitamin B6: 0.06mg (2.77%), Potassium: 87.17mg (2.49%), Manganese: 0.05mg (2.31%), Iron: 0.3mg (1.69%), Vitamin K: 1.73µg (1.65%), Vitamin B3: 0.24mg (1.22%), Calcium: 11.39mg (1.14%), Phosphorus: 10.86mg (1.09%), Magnesium: 4.24mg (1.06%), Vitamin B1: 0.02mg (1.04%)