

Santa Maria Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup celery finely chopped
- ☐ 29 ounce canned tomatoes diced with green chiles, undrained (such as muir glen) canned
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon hot sauce hot (such as Tabasco)
- ☐ 1.5 teaspoons vinegar white

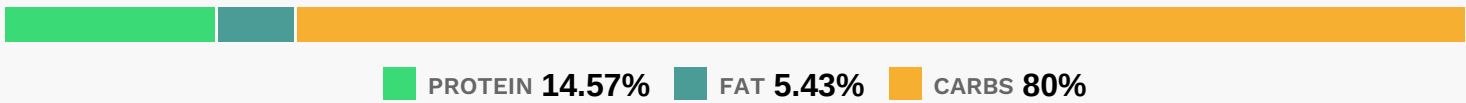
0.5 teaspoon worcestershire sauce

Equipment

Directions

- Drain 1 can tomatoes.
- Combine drained tomatoes, undrained tomatoes, and remaining ingredients; cover and chill salsa at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.0178260848574%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 12.17kcal (0.61%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 87.2mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Vitamin C: 5.42mg (6.56%), Potassium: 123.32mg (3.52%), Vitamin B6: 0.07mg (3.44%), Vitamin K: 3.47µg (3.3%), Manganese: 0.06mg (3.07%), Iron: 0.54mg (3.01%), Fiber: 0.72g (2.88%), Vitamin E: 0.37mg (2.46%), Copper: 0.04mg (2.06%), Calcium: 20.2mg (2.02%), Vitamin B2: 0.03mg (1.98%), Vitamin B3: 0.39mg (1.97%), Folate: 7.38µg (1.85%), Vitamin B1: 0.03mg (1.81%), Vitamin A: 89.15IU (1.78%), Magnesium: 7.02mg (1.76%), Phosphorus: 13.16mg (1.32%)