



## Sarah's Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 ounce tomatoes diced with green chile peppers canned
- 29 ounce tomatoes diced canned
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 jalapeno fresh chopped
- 2 tablespoons juice of lemon
- 3 drops pepper sauce hot
- 0.5 large onion yellow chopped

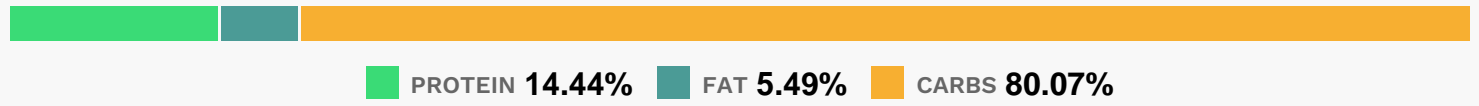
# Equipment

blender

# Directions

In a blender, place diced tomatoes, diced tomatoes with green chile peppers, lemon juice, jalapeno pepper, cilantro, yellow onion, hot pepper sauce and garlic. Blend until smooth. Chill in the refrigerator until serving.

# Nutrition Facts



# Properties

Glycemic Index:30.25, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:10.083478284919%

# Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

# Nutrients (% of daily need)

Calories: 58.66kcal (2.93%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 10.6g (3.86%), Sugar: 7.74g (8.59%), Cholesterol: 0mg (0%), Sodium: 416.76mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 35.3mg (42.79%), Vitamin B6: 0.36mg (17.99%), Potassium: 574.46mg (16.41%), Iron: 2.78mg (15.42%), Vitamin E: 2.05mg (13.7%), Fiber: 3.26g (13.03%), Manganese: 0.26mg (13%), Vitamin K: 12.9µg (12.29%), Vitamin B3: 2.06mg (10.32%), Copper: 0.21mg (10.31%), Vitamin B2: 0.16mg (9.66%), Calcium: 93.18mg (9.32%), Vitamin B1: 0.14mg (9.26%), Vitamin A: 453.21IU (9.06%), Magnesium: 33.83mg (8.46%), Folate: 29.01µg (7.25%), Phosphorus: 61.33mg (6.13%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.44mg (2.96%)