



 3%
HEALTH SCORE

Savory Rhubarb Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon olive oil
- 0.5 medium onion
- 4 cups rhubarb diced
- 0.5 cup brown sugar
- 0.3 cup golden raisins
- 0.5 teaspoon chipotle chili powder
- 0.5 teaspoon paprika smoked
- 0.3 cup apple cider vinegar

1 serving salt and pepper

Equipment

pot

immersion blender

Directions

Heat a large pot over medium heat, add olive oil. Stir in onions and sauté until the onions become translucent, 4 to 5 minutes. Stir in rhubarb and continue to cook until rhubarb softens, time varies depending on if you are using fresh or frozen.

Next, add remaining ingredients. I start with 1/2 teaspoon of chipotle and taste at the end to see if I want more heat. Stir and bring salsa to a boil, then reduce to a simmer.

Let cook for 15–20 minutes. If you want smoother salsa, use an immersion blender (or a regular one) to puree.

Taste and adjust seasonings as desired.

Serve warm or store in refrigerator for up to a week.

Nutrition Facts



Properties

Glycemic Index:25.28, Glycemic Load:3.11, Inflammation Score:-3, Nutrition Score:4.6695652241292%

Flavonoids

Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 132.32kcal (6.62%), Fat: 2.58g (3.97%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.63g (9.32%), Sugar: 22.71g (25.24%), Cholesterol: 0mg (0%), Sodium: 45.17mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin K: 25.79µg (24.57%), Manganese: 0.23mg (11.6%),

Potassium: 331.43mg (9.47%), Calcium: 92.15mg (9.21%), Vitamin C: 7.38mg (8.95%), Fiber: 1.98g (7.91%), Vitamin E: 0.68mg (4.51%), Vitamin A: 214.65IU (4.29%), Magnesium: 15.48mg (3.87%), Vitamin B6: 0.06mg (3.23%), Iron: 0.53mg (2.97%), Copper: 0.05mg (2.74%), Vitamin B2: 0.04mg (2.47%), Phosphorus: 23.55mg (2.35%), Folate: 7.93µg (1.98%), Vitamin B3: 0.38mg (1.9%), Selenium: 1.26µg (1.8%), Vitamin B1: 0.02mg (1.46%), Vitamin B5: 0.12mg (1.19%)