



Sephardic Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

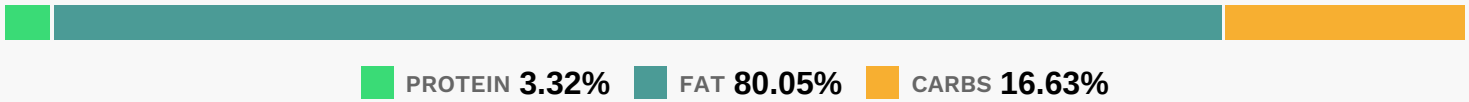
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 cloves garlic fresh minced
- ☐ 2 jalapeno minced seeded
- ☐ 0.3 cup juice of lemon fresh to taste
- ☐ 0.3 cup olive oil
- ☐ 10 roma tomatoes diced seeded
- ☐ 8 servings salt to taste

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Sephardic Salsa
- ☐ Ingredients10 Roma tomatoes, seeded and diced2–3 jalapeño peppers, seeded and minced1/2 cup fresh cilantro, chopped4 cloves fresh garlic, minced1/3 cup olive oil1/4 cup fresh lemon juice, or more to taste
- ☐ Salt to taste
- ☐ Prep Time: 10 Minutes
- ☐ Cook Time: 1 Hour
- ☐ Total Time: 1 Hour 10 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:4.747391347004%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 98.67kcal (4.93%), Fat: 9.2g (14.15%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.19g (1.16%), Sugar: 2.4g (2.66%), Cholesterol: 0mg (0%), Sodium: 198.74mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin C: 18.46mg (22.37%), Vitamin A: 751.38IU (15.03%), Vitamin K: 15.31µg (14.58%), Vitamin E: 1.88mg (12.52%), Manganese: 0.12mg (6.12%), Potassium: 211.56mg (6.04%),

Vitamin B6: 0.1mg (5.01%), Fiber: 1.11g (4.44%), Folate: 14.76µg (3.69%), Copper: 0.06mg (2.77%), Vitamin B3: 0.53mg (2.67%), Magnesium: 10.15mg (2.54%), Vitamin B1: 0.04mg (2.37%), Phosphorus: 22.9mg (2.29%), Iron: 0.32mg (1.77%), Vitamin B2: 0.02mg (1.27%), Calcium: 12.22mg (1.22%), Zinc: 0.16mg (1.09%), Vitamin B5: 0.1mg (1.05%)