



Serious Heat: Chipotle-Bacon Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound bacon
- ☐ 10 ounce canned tomatoes diced canned
- ☐ 1 tablespoon chili puree
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 4 servings pepper freshly ground
- ☐ 0.5 onion diced red

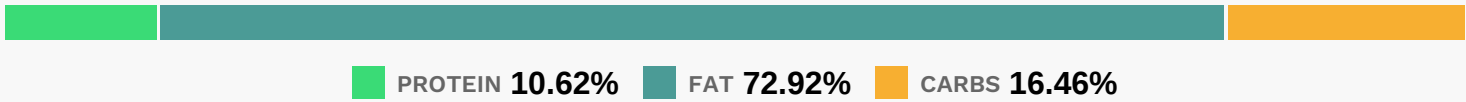
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Chop the bacon into 1/4-inch cubes. In a frying pan over medium heat, warm the oil.
- ☐ Add the bacon, lower the heat, and cook over medium-low heat for about 7 minutes, until lightly browned.
- ☐ Remove from the pan, and drain well on paper towels.
- ☐ Drain tomatoes, then place in a bowl, and toss with onion and chipotle purée. Stir in drained bacon pieces, lime juice and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:5.9591304633928%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 180.37kcal (9.02%), Fat: 14.97g (23.03%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 5.62g (2.04%), Sugar: 3.97g (4.41%), Cholesterol: 18.71mg (6.24%), Sodium: 281.93mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Vitamin B3: 2.03mg (10.13%), Vitamin E: 1.52mg (10.12%), Vitamin B6: 0.2mg (9.95%), Vitamin C: 7.91mg (9.59%), Vitamin B1: 0.14mg (9.21%), Selenium: 6.2µg (8.85%), Potassium: 286.69mg (8.19%), Manganese: 0.16mg (8.18%), Fiber: 1.98g (7.92%), Copper: 0.15mg (7.43%), Phosphorus: 67.82mg (6.78%), Iron: 1.19mg (6.59%), Vitamin K: 6.09µg (5.8%), Magnesium: 19.22mg (4.81%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.55mg (3.68%), Vitamin A: 164.5IU (3.29%), Folate: 11.97µg (2.99%), Calcium: 29.33mg (2.93%), Vitamin B12: 0.14µg (2.36%)