

Simple Cooked Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium tomatoes fresh cored cut in half
- ☐ 1 jalapeño chili pepper whole chopped (or a serrano)
- ☐ 5 large garlic cloves peeled
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup water
- ☐ 2 teaspoons olive oil

Equipment

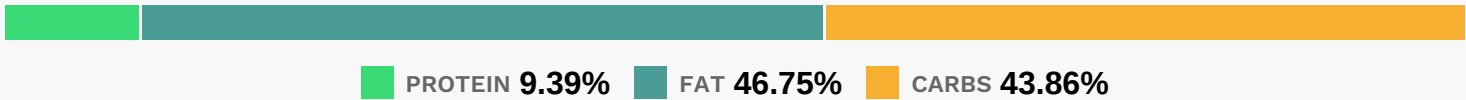
- ☐ frying pan

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Purée ingredients: Put tomatoes, jalapeño, garlic, salt, and water into a blender. Purée for 20 seconds, until completely liquified.
- ☐ Heat olive oil in a sauce pan on medium high.
- ☐ Pour purée into pan. Bring to a low simmer and cook, stirring occasionally, until the mixture completely changes color from light red to a much darker red, about 15 minutes.
- ☐ Remove from heat.
- ☐ Keep refrigerated when not using.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:3.0530434769133%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 25.89kcal (1.29%), Fat: 1.46g (2.25%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 585.04mg (25.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin C: 17.17mg (20.82%), Vitamin A: 413.15IU (8.26%), Manganese: 0.1mg (5.2%), Vitamin B6: 0.1mg (5.09%), Vitamin K: 5.13µg (4.89%), Potassium: 131.48mg (3.76%), Vitamin E: 0.47mg (3.11%), Fiber: 0.66g (2.63%), Copper: 0.04mg (2.17%), Folate: 7.95µg (1.99%), Vitamin B3: 0.35mg (1.77%), Magnesium: 6.97mg (1.74%), Vitamin B1: 0.03mg (1.7%), Phosphorus: 16.89mg (1.69%), Iron: 0.24mg (1.35%), Calcium: 10.34mg (1.03%)