



WHATSheATE



Simple Green Chile Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



7 oz chiles green canned chopped



1 clove garlic



0.3 cup green onions chopped (scallions)



1 tablespoon olive oil extra virgin



2 teaspoons red wine vinegar



0.3 teaspoon oregano dried fresh with)



0.3 cup very cilantro fresh loosely packed chopped



8 servings salt

☐ 8 servings pepper black freshly ground

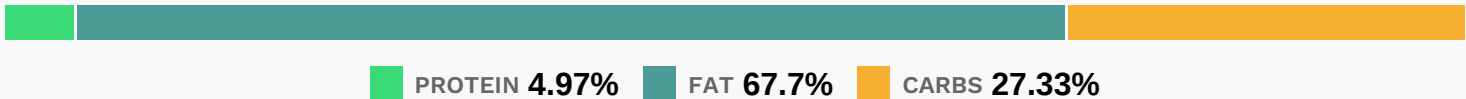
Equipment

- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Break up the canned tomatoes:
- ☐ Remove just the tomatoes from the can of whole tomatoes, place in a medium sized non-reactive mixing bowl. Using your fingers, or a fork and a sharp small knife, shred or break up the tomatoes.
- ☐ Add the rest of the ingredients to the tomatoes:
- ☐ Mix in chopped green chiles, green onions, garlic (or garlic salt), olive oil and vinegar.
- ☐ Add back in about 1/4 cup of the tomato sauce from the can of whole tomatoes.
- ☐ Sprinkle with about 1/4 teaspoon of dried oregano.
- ☐ Mix in and taste. Adjust if needed.
- ☐ Add cilantro, and salt and pepper to taste.
- ☐ Refrigerate when not using. Will keep several days.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.0069565390763%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 23.2kcal (1.16%), Fat: 1.83g (2.82%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 293.41mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin C: 9.41mg (11.41%), Vitamin K: 11.78µg (11.22%), Folate:

16.6µg (4.15%), Iron: 0.46mg (2.54%), Fiber: 0.61g (2.43%), Vitamin A: 108.15IU (2.16%), Vitamin E: 0.3mg (2%),
Vitamin B6: 0.04mg (1.8%), Calcium: 14.02mg (1.4%), Manganese: 0.03mg (1.35%), Potassium: 46.29mg (1.32%)