



Simple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup very cilantro fresh loosely packed chopped
- ☐ 1 clove garlic
- ☐ 0.3 cup green onions chopped (scallions)
- ☐ 1 Tbsp olive oil
- ☐ 0.3 teaspoon oregano dried fresh with)
- ☐ 2 teaspoons red wine vinegar
- ☐ 8 servings salt

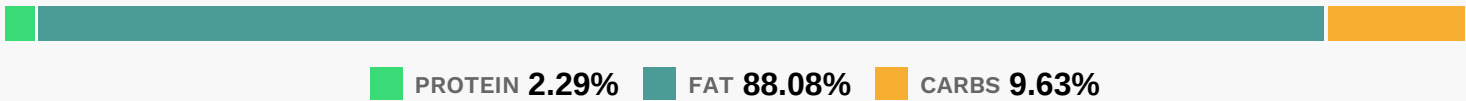
Equipment

- ☐ knife
- ☐ mixing bowl

Directions

- ☐ 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. 2
- ☐ 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 on 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:12.63, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.96956522714185%

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: 17.57kcal (0.88%), Fat: 1.77g (2.72%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 0.43g (0.14%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.1g (0.12%), Cholesterol: 0mg (0%), Sodium: 243.3mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin K: 11.78µg (11.22%), Vitamin E: 0.3mg (2%), Vitamin A: 76.89IU (1.54%), Manganese: 0.03mg (1.29%), Vitamin C: 0.93mg (1.12%)