



Simple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green chopped canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 medium onion diced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

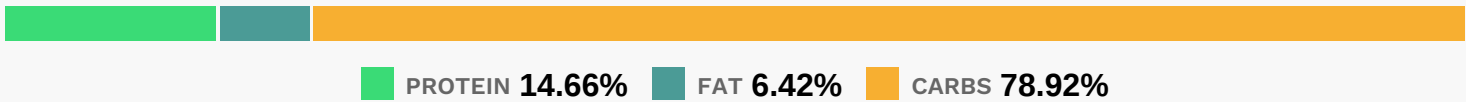
1 tablespoon sugar

Equipment

Directions

Stir together all ingredients. Chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:6.49, Inflammation Score:-7, Nutrition Score:12.320869590925%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 91.52kcal (4.58%), Fat: 0.76g (1.17%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 21g (7%), Net Carbohydrates: 16.2g (5.89%), Sugar: 12.36g (13.73%), Cholesterol: 0mg (0%), Sodium: 682.79mg (29.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin C: 30.83mg (37.37%), Manganese: 0.47mg (23.74%), Fiber: 4.8g (19.21%), Copper: 0.38mg (19.02%), Potassium: 663.36mg (18.95%), Iron: 3.36mg (18.66%), Vitamin B6: 0.37mg (18.25%), Vitamin K: 17.79µg (16.95%), Vitamin E: 2.54mg (16.94%), Vitamin B3: 2.71mg (13.54%), Folate: 46.78µg (11.69%), Magnesium: 45.98mg (11.49%), Vitamin B1: 0.16mg (10.85%), Vitamin A: 481.36IU (9.63%), Calcium: 91.76mg (9.18%), Vitamin B2: 0.13mg (7.69%), Phosphorus: 76.37mg (7.64%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.64mg (4.28%), Selenium: 1.56µg (2.23%)