



Simple Salsa Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 green onions minced
- ☐ 1 jalapeño minced seeded
- ☐ 1 juice of lemon
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 10 servings pepper freshly ground to taste
- ☐ 0.5 teaspoon salt

2 cups tomatoes diced cored ripe

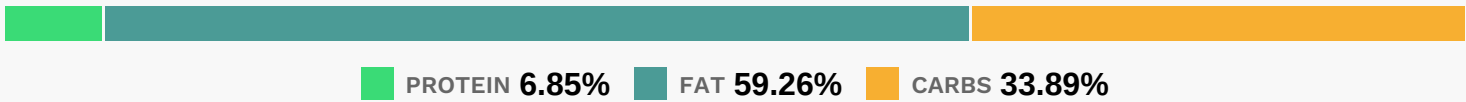
Equipment

bowl

Directions

Stir together all ingredients in a large bowl. Chill, covered, at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:2.1030435011439%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 20.81kcal (1.04%), Fat: 1.48g (2.28%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 118.55mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin K: 9.84µg (9.37%), Vitamin C: 7.65mg (9.27%), Vitamin A: 315.03IU (6.3%), Manganese: 0.06mg (3.22%), Vitamin E: 0.44mg (2.95%), Potassium: 89.67mg (2.56%), Fiber: 0.52g (2.07%), Vitamin B6: 0.04mg (2.04%), Folate: 7.27µg (1.82%), Copper: 0.02mg (1.24%), Magnesium: 4.58mg (1.14%), Vitamin B3: 0.22mg (1.1%), Vitamin B1: 0.02mg (1.01%)