



Smoky Four-Pepper Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

3

CALORIES

calories

143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 anaheim chile peppers
- ☐ 1 jalapeño chile pepper to taste
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 cloves garlic
- ☐ 1 large bell pepper green
- ☐ 0.3 onion
- ☐ 8 plum tomatoes ripe
- ☐ 4 poblano peppers

- ☐ 2 teaspoons salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vinegar white

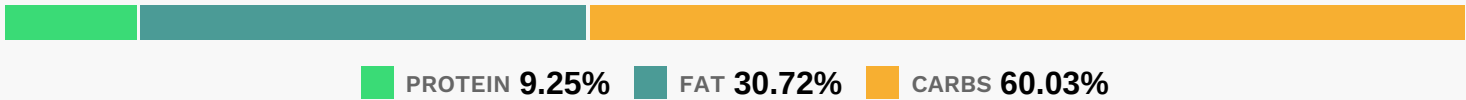
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat.
- ☐ Rub tomatoes with oil and grill for 10 minutes, turn.
- ☐ Place poblano, Anaheim, jalapeno chiles, and the green pepper on the grill. Grill 5 to 7 minutes per side, being careful not to let them burn. The skins should blister and brown.
- ☐ Remove tomatoes to a separate bowl.
- ☐ Place the chiles and pepper in an airtight container to let them steam while they cool so they're easier to peel.
- ☐ Peel tomatoes and drain excess liquid. Peel and seed peppers.
- ☐ Place the tomatoes, chiles, green pepper, cilantro, vinegar, onion, garlic, and salt in the container of a food processor. Pulse 4 or 5 times.
- ☐ Add liquid smoke and more jalapenos if desired. Pulse until salsa is as chunky or smooth as you like.

Nutrition Facts



Properties

Glycemic Index:76.33, Glycemic Load:2.75, Inflammation Score:-9, Nutrition Score:17.640434827494%

Flavonoids

Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Luteolin: 10.11mg, Luteolin: 10.11mg, Luteolin: 10.11mg, Luteolin: 10.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 142.64kcal (7.13%), Fat: 5.26g (8.1%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 14.74g (5.36%), Sugar: 12.56g (13.96%), Cholesterol: 0mg (0%), Sodium: 1814.81mg (78.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin C: 210.04mg (254.59%), Vitamin A: 2235.22IU (44.7%), Vitamin K: 38.95µg (37.09%), Fiber: 8.41g (33.64%), Vitamin B6: 0.67mg (33.29%), Manganese: 0.51mg (25.48%), Potassium: 800.07mg (22.86%), Vitamin E: 2.23mg (14.87%), Vitamin B1: 0.19mg (12.87%), Copper: 0.25mg (12.62%), Folate: 49.36µg (12.34%), Vitamin B3: 2.09mg (10.47%), Magnesium: 41.85mg (10.46%), Phosphorus: 89.83mg (8.98%), Iron: 1.26mg (6.99%), Vitamin B2: 0.1mg (5.85%), Calcium: 45.93mg (4.59%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.4mg (3.98%)