



Smoky Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

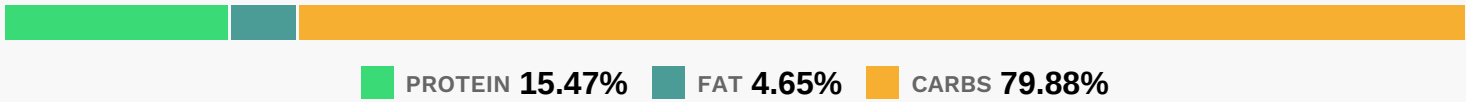
- ☐ 1 to 2 chipotle peppers in adobo sauce
- ☐ 0.3 cup firmly cilantro leaves fresh packed
- ☐ 1 tablespoon juice of lime
- ☐ 16 oz salsa

Equipment

Directions

Process all ingredients 10 seconds or until smooth.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.6726087020791%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 29.24kcal (1.46%), Fat: 0.18g (0.27%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.71g (4.13%), Cholesterol: 0mg (0%), Sodium: 595.57mg (25.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin A: 491.08IU (9.82%), Vitamin B6: 0.16mg (8.1%), Fiber: 1.97g (7.87%), Vitamin E: 1.13mg (7.56%), Potassium: 241.73mg (6.91%), Vitamin K: 6.31µg (6.01%), Manganese: 0.11mg (5.32%), Vitamin B3: 1.03mg (5.15%), Magnesium: 14.06mg (3.51%), Vitamin C: 2.84mg (3.44%), Copper: 0.06mg (3.08%), Phosphorus: 29.83mg (2.98%), Calcium: 26.36mg (2.64%), Iron: 0.47mg (2.61%), Vitamin B1: 0.03mg (2.2%), Vitamin B5: 0.19mg (1.92%), Vitamin B2: 0.03mg (1.81%), Zinc: 0.19mg (1.25%), Selenium: 0.83µg (1.18%), Folate: 4.42µg (1.11%)