



Smoky Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon marjoram dried
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 jalapeno
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups wood chips
- ☐ 2 pounds plum tomatoes
- ☐ 1 cup onion diced red

☐ 0.5 teaspoon salt

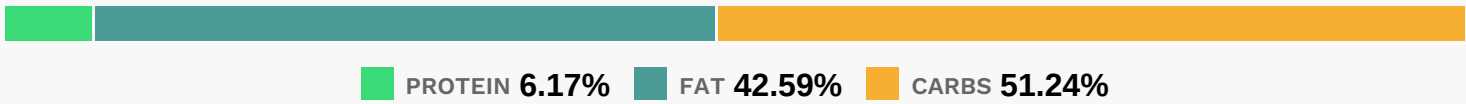
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak wood chips in water 30 minutes; drain well.
- ☐ Prepare the grill for indirect grilling, heating one side to low and leaving one side with no heat. Maintain grill temperature at 200 to 22
- ☐ Place the wood chips on hot coals.
- ☐ Place a disposable aluminum foil pan on unheated side of grill.
- ☐ Pour 2 cups water in pan. Coat grill rack with cooking spray, and place on grill.
- ☐ Place tomatoes and pepper on grill rack over foil pan on unheated side. Close lid; cook 50 minutes.
- ☐ Remove tomatoes and pepper from grill; discard stem from pepper.
- ☐ Place tomatoes, pepper, lime juice, marjoram, and garlic in a food processor; process 1 minute or until smooth.
- ☐ Pour mixture into a medium bowl; stir in onion, cilantro, and salt. Cover and chill at least 45 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:11.42, Inflammation Score:-7, Nutrition Score:8.1682608956876%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 184.34kcal (9.22%), Fat: 9.1g (14%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 20.2g (7.35%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 441.92mg (19.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin C: 23.66mg (28.68%), Vitamin A: 975.5IU (19.51%), Fiber: 4.44g (17.77%), Potassium: 562.73mg (16.08%), Manganese: 0.31mg (15.26%), Vitamin B6: 0.24mg (11.94%), Vitamin B3: 2.05mg (10.27%), Vitamin K: 9.89µg (9.42%), Folate: 34.61µg (8.65%), Phosphorus: 80.51mg (8.05%), Vitamin B1: 0.1mg (6.51%), Magnesium: 25.78mg (6.45%), Iron: 1.16mg (6.43%), Copper: 0.1mg (4.89%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.46mg (4.58%), Zinc: 0.44mg (2.91%), Vitamin B2: 0.05mg (2.82%), Calcium: 23.41mg (2.34%)