



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 clove minced
- 1 jalapeno
- 1 tablespoon juice of lime fresh
- 2 cups fries
- 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



PROTEIN 6.17% **FAT 42.59%** **CARBS 51.24%**

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%)