



## Southwest Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14.5 oz canned tomatoes diced green canned
- 1 sprigs jalapeno fresh
- 0.3 cup cilantro leaves fresh packed
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground cumin
- 5 slices jalapeno
- 1 tablespoon juice of lime fresh
- 0.3 cup onion red chopped

- 0.3 teaspoon pepper dried red crushed
- 0.3 teaspoon salt
- 4 servings tortilla chips

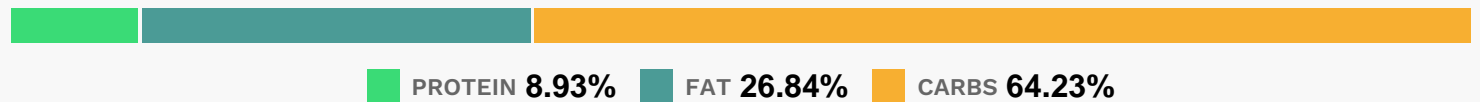
## Equipment

- food processor
- blender

## Directions

- Drain liquid from tomatoes, reserving 1 Tbsp. liquid; discard remaining liquid.
- Place reserved liquid, tomatoes, and next 8 ingredients in a food processor or blender. Pulse 5 to 6 times or until finely chopped. Cover and chill 1 to 24 hours before serving.
- Garnish, if desired.
- Serve with tortilla chips. Store leftovers in refrigerator up to 7 days.
- Note: We tested with DelMonte Diced Tomatoes with Zesty Mild Green Chilies.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:18.943043553311%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

## Nutrients (% of daily need)

Calories: 204.35kcal (10.22%), Fat: 6.57g (10.1%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 28.44g (10.34%), Sugar: 9.9g (11%), Cholesterol: 0mg (0%), Sodium: 379.52mg (16.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Vitamin C: 145.32mg (176.15%), Vitamin E: 6.4mg (42.65%),

Vitamin B6: 0.7mg (34.89%), Vitamin K: 35.46µg (33.77%), Vitamin A: 1545.44IU (30.91%), Fiber: 6.91g (27.63%), Potassium: 662.82mg (18.94%), Manganese: 0.32mg (16.19%), Magnesium: 63.34mg (15.83%), Vitamin B3: 2.98mg (14.92%), Copper: 0.28mg (13.88%), Phosphorus: 130.88mg (13.09%), Folate: 50.19µg (12.55%), Iron: 2.2mg (12.23%), Vitamin B1: 0.17mg (11.3%), Vitamin B5: 1mg (9.98%), Vitamin B2: 0.16mg (9.33%), Calcium: 83.46mg (8.35%), Zinc: 0.86mg (5.76%), Selenium: 2.44µg (3.49%)