



Speedy Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce canned tomatoes diced green undrained canned
- 14.5 ounce canned tomatoes undrained canned
- 1 garlic clove
- 1 teaspoon pepper

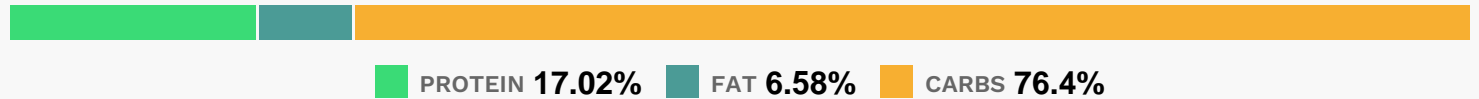
Equipment

- oven
- blender

Directions

- Combine all ingredients in a blender; process 30 seconds, stopping once to scrape down sides.
- Serve with baked tortilla chips (chips not included in analysis).
- Tip: If you've got a minute, you've got time to make this spunky salsa. Four ingredients and a blender are all it takes.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:0.73782608884832%

Nutrients (% of daily need)

Calories: 4.83kcal (0.24%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 19.12mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 1.35mg (1.64%), Manganese: 0.03mg (1.64%), Copper: 0.03mg (1.36%), Potassium: 43.2mg (1.23%), Vitamin E: 0.18mg (1.21%), Fiber: 0.29g (1.15%), Vitamin B6: 0.02mg (1.13%), Iron: 0.19mg (1.07%)