



Spicy Salsa Ranchera



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves peeled
- ☐ 1 medium onion sliced
- ☐ 1 teaspoon salt
- ☐ 3 serrano chile peppers
- ☐ 1.8 lb tomatoes

Equipment

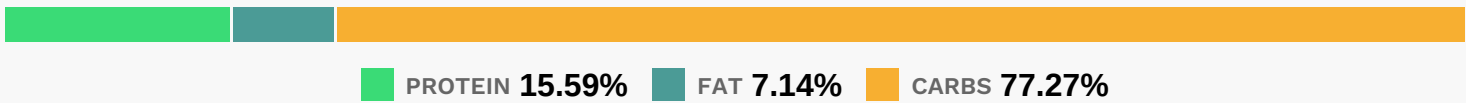
- ☐ baking sheet

- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Broil 5 medium tomatoes (about 1 3/4 lb.); 3 serrano chile peppers; 2 garlic cloves, peeled; and 1 medium onion, sliced, on an aluminum foil-lined baking sheet 5 inches from heat 6 minutes on each side or until peppers are blistered.
- ☐ Remove tomatoes, chile peppers, and garlic from baking sheet; broil onions 4 more minutes on each side.
- ☐ Remove from oven; let stand 15 minutes.
- ☐ Remove peels and stem ends from tomatoes and chile peppers.
- ☐ Remove seeds from chile peppers. Pulse tomatoes, chile peppers, garlic, and onion in a blender 10 times or until chunky. Stir in 1 tsp. salt and 1/4 cup chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:3.6786956385426%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 20.25kcal (1.01%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.63g (2.92%), Cholesterol: 0mg (0%), Sodium: 237.42mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 12.79mg (15.51%), Vitamin A: 705.36IU (14.11%), Vitamin K: 7.78µg (7.41%), Potassium: 214.22mg (6.12%), Manganese: 0.12mg (6.02%), Fiber: 1.23g (4.92%), Vitamin B6: 0.09mg (4.69%), Folate: 14.68µg (3.67%), Vitamin E: 0.45mg (3.02%), Copper: 0.06mg (2.82%), Magnesium: 10.49mg (2.62%), Vitamin B3: 0.52mg (2.6%), Vitamin B1: 0.04mg (2.46%), Phosphorus: 24.07mg (2.41%), Iron:

0.27mg (1.51%), Calcium: 12.16mg (1.22%), Vitamin B2: 0.02mg (1.22%), Zinc: 0.17mg (1.12%)