



Spring Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cherry tomatoes seeded chopped
- 1 cup corn whole frozen thawed
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 0.3 cup onion red chopped
- 15 servings salt and pepper to taste

15 servings tortilla chips

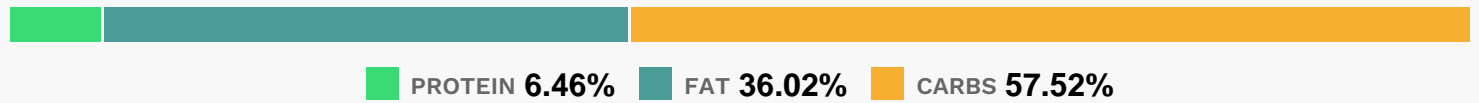
Equipment

Directions

Stir together first 7 ingredients. Season with salt and pepper to taste. Cover and chill until ready to serve (up to 3 hours).

Serve with chips.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.3660869494728%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 144.39kcal (7.22%), Fat: 5.96g (9.18%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 19.73g (7.17%), Sugar: 0.78g (0.86%), Cholesterol: 0mg (0%), Sodium: 303.8mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin E: 1.11mg (7.41%), Phosphorus: 72.9mg (7.29%), Fiber: 1.7g (6.81%), Vitamin C: 5.55mg (6.73%), Magnesium: 26.6mg (6.65%), Vitamin K: 6.63µg (6.32%), Vitamin B6: 0.07mg (3.62%), Vitamin B5: 0.36mg (3.61%), Calcium: 33.04mg (3.3%), Vitamin B1: 0.05mg (3.24%), Iron: 0.56mg (3.14%), Potassium: 104.71mg (2.99%), Zinc: 0.45mg (2.97%), Folate: 9.19µg (2.3%), Copper: 0.04mg (2.22%), Vitamin B3: 0.41mg (2.06%), Selenium: 1.35µg (1.94%), Vitamin A: 88.43IU (1.77%), Vitamin B2: 0.03mg (1.55%), Manganese: 0.03mg (1.5%)