



Summer Salsa with a Shot

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings tortilla chips white for dipping
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic
- 1 jalapeño (with seeds f heat) minced stemmed
- 2 teaspoons kosher salt for seasoning
- 0.3 medium onion diced red finely
- 1 tablespoons silver tequila
- 4 medium tomatoes diced cored ripe

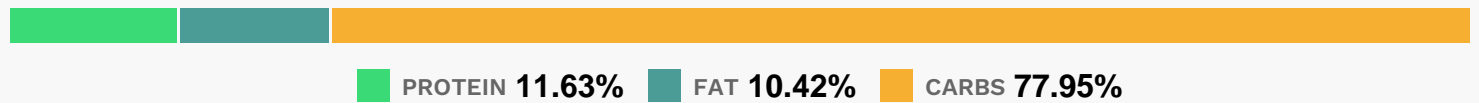
Equipment

- bowl
- knife
- plastic wrap

Directions

- Smash the garlic clove, sprinkle with 1 teaspoon of the salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste.
- Mix the garlic, tomatoes, onion, jalapeno, and cilantro in a serving bowl.
- Add the tequila, if desired, and season with the remaining salt, adding more to taste if necessary.
- Serve immediately or cover with plastic wrap and set aside for 1 hour at room temperature.
- Serve with the tortilla chips.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:6.04, Inflammation Score:-6, Nutrition Score:5.7378260985665%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 80.62kcal (4.03%), Fat: 0.92g (1.42%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 12.76g (4.64%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 791.63mg (34.42%), Alcohol: 0.83g (100%), Alcohol %: 0.88% (100%), Protein: 2.32g (4.64%), Vitamin C: 14.68mg (17.79%), Vitamin A: 753.86IU (15.08%), Fiber: 2.79g (11.18%), Phosphorus: 104.44mg (10.44%), Manganese: 0.2mg (10%), Vitamin K: 9µg (8.57%), Potassium: 260.87mg (7.45%), Vitamin B6: 0.14mg (7.25%), Magnesium: 28.87mg (7.22%), Copper: 0.1mg (4.77%),

Vitamin B3: 0.92mg (4.62%), Vitamin E: 0.62mg (4.11%), Vitamin B1: 0.06mg (3.96%), Folate: 15.53µg (3.88%), Zinc: 0.5mg (3.35%), Iron: 0.58mg (3.25%), Calcium: 32.43mg (3.24%), Selenium: 1.7µg (2.42%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.12mg (1.21%)