



## Sweet and Mild Cooked Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



4

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons brown sugar
- 0.5 teaspoon garlic powder
- 4 ounce chilies diced green canned
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 onion chopped
- 0.5 teaspoon oregano dried
- 4 servings pepper sauce hot to taste

- 4 servings salt to taste
- 8 tomatoes peeled coarsely chopped
- 0.3 cup vinegar white

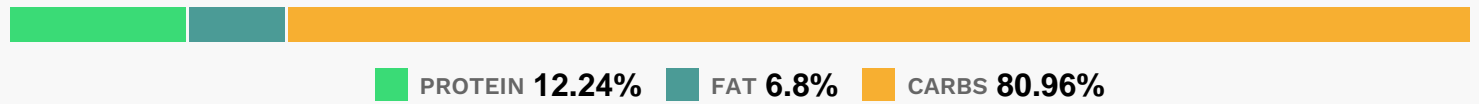
## Equipment

- dutch oven

## Directions

- Combine the tomatoes, onion, green chiles, vinegar, brown sugar, garlic powder, cumin, oregano, coriander, salt, and hot sauce in a Dutch oven or large pot over medium-low heat. Simmer, stirring occasionally, until the salsa reaches your preferred consistency, about 3 hours. Store in refrigerator until using.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:3.75, Inflammation Score:-9, Nutrition Score:14.255652313647%

## Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

## Nutrients (% of daily need)

Calories: 90.39kcal (4.52%), Fat: 0.74g (1.15%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 16.06g (5.84%), Sugar: 14.41g (16.01%), Cholesterol: 0mg (0%), Sodium: 214.63mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Vitamin C: 75.61mg (91.65%), Vitamin A: 2326.93IU (46.54%), Vitamin K: 25.03µg (23.84%), Potassium: 718.12mg (20.52%), Manganese: 0.39mg (19.68%), Vitamin B6: 0.37mg (18.46%), Fiber: 3.88g (15.53%), Folate: 46.89µg (11.72%), Vitamin E: 1.58mg (10.56%), Copper: 0.2mg (9.96%), Magnesium: 38.37mg (9.59%), Vitamin B3: 1.87mg (9.34%), Vitamin B1: 0.12mg (8.14%), Phosphorus: 80.3mg (8.03%), Iron: 1.35mg (7.52%), Calcium: 46.18mg (4.62%), Vitamin B2: 0.08mg (4.61%), Zinc: 0.56mg (3.74%), Vitamin B5: 0.31mg (3.06%)