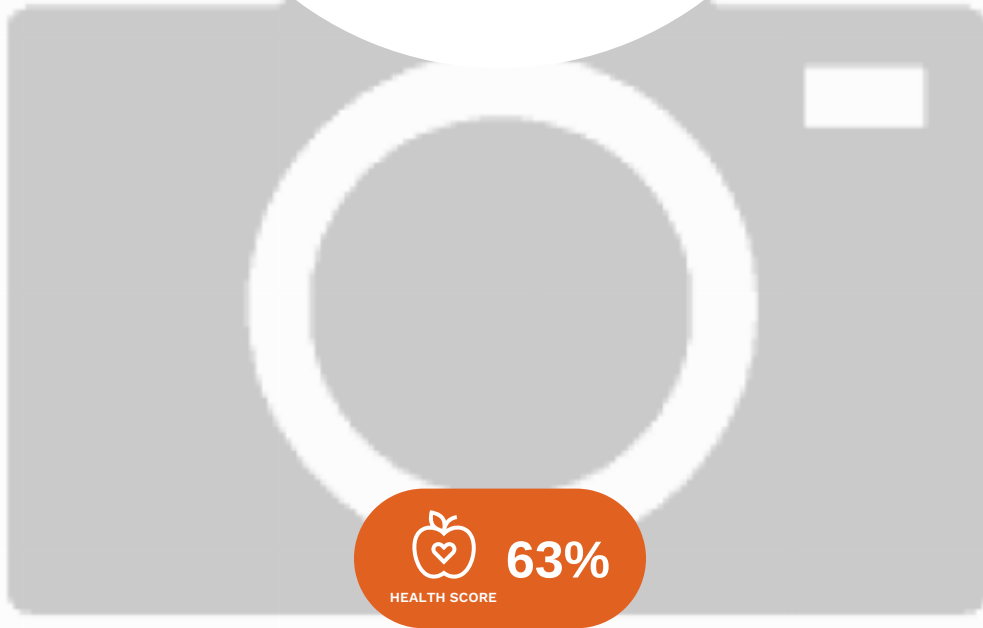




Tomato Salsa without Onions



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



3

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic peeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime
- ☐ 1 poblano pepper
- ☐ 5 tomatoes ripe

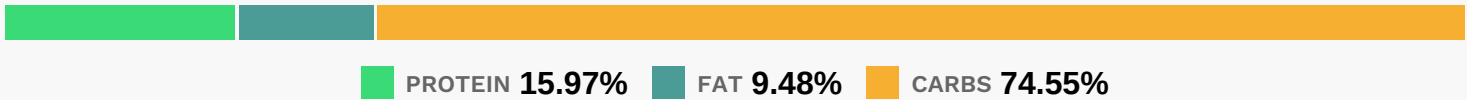
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Place poblano pepper and garlic cloves on a medium baking sheet. Turning pepper frequently, broil at maximum distance from heat until browned, about 15 minutes.
- ☐ In a food processor, place roasted pepper, roasted garlic, tomatoes, cilantro, cumin, chili powder and lime juice. Process using pulse setting until an evenly chunky texture is obtained. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:2.51, Inflammation Score:-9, Nutrition Score:13.573478136374%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 56.16kcal (2.81%), Fat: 0.7g (1.07%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.64g (7.38%), Cholesterol: 0mg (0%), Sodium: 26.1mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin C: 65.38mg (79.25%), Vitamin A: 2421.48IU (48.43%), Vitamin K: 36.5µg (34.76%), Manganese: 0.38mg (18.96%), Potassium: 625.74mg (17.88%), Vitamin B6: 0.32mg (15.86%), Fiber: 3.65g (14.61%), Vitamin E: 1.68mg (11.18%), Folate: 39.33µg (9.83%), Copper: 0.18mg (9.02%), Vitamin B3: 1.6mg (7.98%), Magnesium: 31.67mg (7.92%), Vitamin B1: 0.11mg (7.62%), Phosphorus: 69.35mg (6.93%), Iron: 1.18mg (6.55%), Vitamin B2: 0.07mg (4.17%), Calcium: 40.17mg (4.02%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.29mg (2.88%)