



Tomato-Serrano Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 servings kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 cups plum tomatoes cored finely chopped
- ☐ 2 serrano chiles minced seeded
- ☐ 3 servings tortilla chips (for serving)
- ☐ 1 cup onion white minced

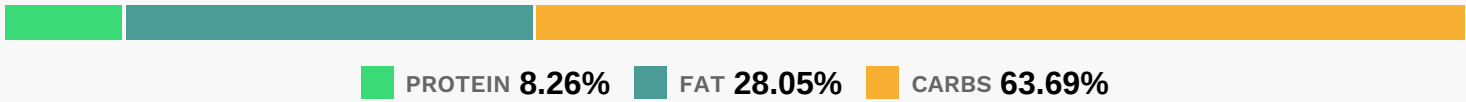
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Combine tomatoes and chiles in a medium bowl.
- ☐ Place minced onion in a strainer; rinse under cold water for 10 seconds.
- ☐ Drain well and add to bowl with tomatoes. Stir in cilantro and lime juice. Season with salt.
- ☐ Serve with tortilla chips. DO AHEAD: Can be made 1 day ahead. Cover and chill (salsa will get hotter the longer it sits).

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:2.71, Inflammation Score:-8, Nutrition Score:10.611739365951%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg

Nutrients (% of daily need)

Calories: 187.01kcal (9.35%), Fat: 6.2g (9.53%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 27.12g (9.86%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 296.53mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin C: 31.96mg (38.74%), Vitamin A: 1387.73IU (27.75%), Vitamin K: 20.33µg (19.36%), Fiber: 4.53g (18.12%), Potassium: 534.51mg (15.27%), Vitamin B6: 0.27mg (13.34%), Manganese: 0.26mg (13.05%), Vitamin E: 1.92mg (12.81%), Magnesium: 48.39mg (12.1%), Phosphorus: 120.21mg (12.02%), Folate: 39.82µg (9.96%), Vitamin B1: 0.13mg (8.55%), Copper: 0.15mg (7.56%), Vitamin B3: 1.32mg (6.6%), Calcium: 60.65mg (6.06%), Vitamin B5: 0.57mg (5.67%), Iron: 1.02mg (5.67%), Zinc: 0.77mg (5.13%), Vitamin B2: 0.07mg (4.12%), Selenium: 1.53µg (2.19%)