



59%
HEALTH SCORE

Veracruzana Salsa

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 0.5 cup capers rinsed drained
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 3 tablespoons garlic minced
- 2 tablespoons olive oil
- 1 cup olives pitted sliced
- 2 poblano chiles halved seeded

- 2 bell peppers red halved seeded
- 2 pounds tomatoes cored halved
- 1 cup onion white chopped
- 0.3 cup vinegar white
- 2 bell peppers yellow halved seeded

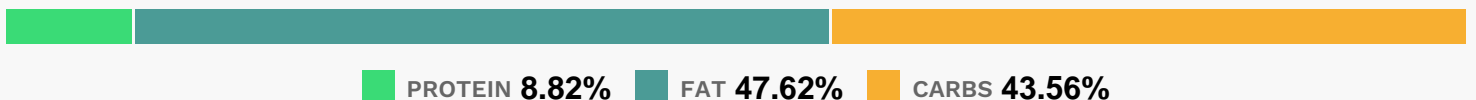
Equipment

- food processor
- frying pan
- baking sheet
- blender
- aluminum foil

Directions

- Place first 4 ingredients, cut-sides down, on a foil-lined baking sheet. Broil 20 minutes or until skins are blistered. Cool and remove skins.
- Cut yellow bell peppers and poblano chiles in strips; set aside.
- Place oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic, and saut 5 minutes or until onion is tender.
- Place tomatoes and red bell peppers in a food processor or blender, and process until smooth. Stir tomato mixture into sauted onions. Reduce heat to low, and simmer 30 minutes. Stir in yellow bell pepper and poblano chile strips, bay leaves, and remaining ingredients. Simmer 15 minutes or until mixture is thick.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:26.818260959957%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 29.34mg, Kaempferol: 29.34mg, Kaempferol: 29.34mg, Kaempferol: 29.34mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 50.08mg, Quercetin: 50.08mg, Quercetin: 50.08mg, Quercetin: 50.08mg

Nutrients (% of daily need)

Calories: 230.18kcal (11.51%), Fat: 13.33g (20.51%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 19.08g (6.94%), Sugar: 11.98g (13.31%), Cholesterol: 0mg (0%), Sodium: 1155.42mg (50.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin C: 277.06mg (335.83%), Vitamin K: 121.7µg (115.9%), Vitamin A: 4769.74IU (95.39%), Vitamin B6: 0.73mg (36.65%), Fiber: 8.35g (33.41%), Manganese: 0.66mg (33.15%), Vitamin E: 4.95mg (33.03%), Potassium: 1034mg (29.54%), Folate: 105.15µg (26.29%), Copper: 0.41mg (20.72%), Magnesium: 64.67mg (16.17%), Vitamin B3: 3.14mg (15.69%), Vitamin B1: 0.21mg (14.22%), Iron: 2.46mg (13.67%), Phosphorus: 124.63mg (12.46%), Vitamin B2: 0.18mg (10.74%), Calcium: 94.94mg (9.49%), Vitamin B5: 0.68mg (6.76%), Zinc: 1mg (6.65%), Selenium: 1.95µg (2.79%)