



Walnut-Habanero Salsa with Roasted Garlic and Orange



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 head cloves sliced
- ☐ 6 servings kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 1 cup orange juice freshly squeezed (from)
- ☐ 1 cup walnuts

Equipment

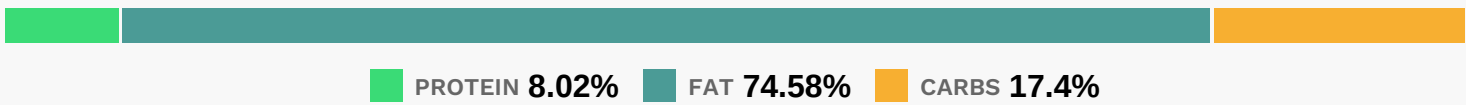
- ☐ food processor

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 425 degrees F.
- ☐ Place garlic in square of foil; drizzle with olive oil and sprinkle with salt. Wrap in foil and roast until tender and squeezeable, about 45 minutes.
- ☐ Let cool, and then squeeze out garlic. Reserve 5 cloves for salsa and save the rest for another use.
- ☐ Meanwhile, toast walnuts in dry skillet over medium heat, shaking frequently, until light brown and fragrant, about 5 minutes.
- ☐ Transfer to plate to cool.
- ☐ Combine walnuts and habaneros in blender or food processor; pulse to chop.
- ☐ Add garlic and orange juice; pulse to combine until well mixed but still a little chunky. Season to taste with salt.
- ☐ Serve immediately, or refrigerate for 1 to 2 hours, then let come to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.47, Inflammation Score:-4, Nutrition Score:6.5743478847587%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 152.48kcal (7.62%), Fat: 13.48g (20.75%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.63g (2.05%), Sugar: 3.98g (4.43%), Cholesterol: 0mg (0%), Sodium: 195.07mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Manganese: 0.77mg (38.61%), Vitamin C: 20.92mg (25.36%), Copper: 0.33mg (16.45%), Magnesium: 35.79mg (8.95%), Folate: 31.55µg (7.89%), Phosphorus: 74.67mg (7.47%), Vitamin B1: 0.1mg (6.93%), Vitamin B6: 0.12mg (6.09%), Fiber: 1.45g (5.78%), Potassium: 170.41mg (4.87%), Zinc: 0.63mg (4.18%), Iron: 0.68mg (3.75%), Calcium: 24.84mg (2.48%), Vitamin B2: 0.04mg (2.47%), Vitamin B3: 0.39mg (1.93%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.26mg (1.76%), Vitamin A: 86.83IU (1.74%), Selenium: 1.01µg (1.44%), Vitamin K: 1.21µg (1.15%)