



Warm Italian-Style Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 1 medium garlic clove minced
- ☐ 1.5 cups grape tomatoes halved
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons oregano leaves fresh
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

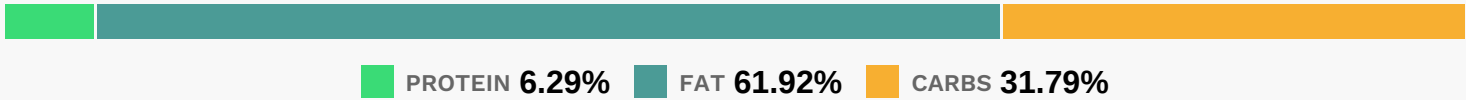
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat; add oil.
- ☐ Add tomatoes, next 3 ingredients, and red pepper, if desired. Saut 1 to 2 minutes or until tomato begins to soften. Stir in water and salt.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:4.7726087103719%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 49.66kcal (2.48%), Fat: 3.76g (5.78%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.6g (1.77%), Cholesterol: 0mg (0%), Sodium: 260.09mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 23.06µg (21.96%), Vitamin A: 513.55IU (10.27%), Manganese: 0.2mg (10.22%), Vitamin C: 8.12mg (9.84%), Vitamin E: 1.3mg (8.65%), Fiber: 1.88g (7.51%), Iron: 1.17mg (6.51%), Calcium: 48.82mg (4.88%), Potassium: 168.6mg (4.82%), Vitamin B6: 0.08mg (4.05%), Folate: 15.25µg (3.81%), Magnesium: 14.48mg (3.62%), Copper: 0.07mg (3.37%), Vitamin B3: 0.48mg (2.4%), Phosphorus: 18.66mg (1.87%), Vitamin B1: 0.03mg (1.82%), Vitamin B2: 0.03mg (1.78%), Zinc: 0.18mg (1.23%)