

Warm Mojo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon annatto powder (achiote seed; optional)



0.3 teaspoon pepper black



1 tablespoon basil fresh minced



1 tablespoon chives fresh minced



4 garlic cloves minced



3 tablespoons juice of lime fresh



3 tablespoons orange juice fresh



2 cups plum tomatoes diced seeded (4 small)

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil

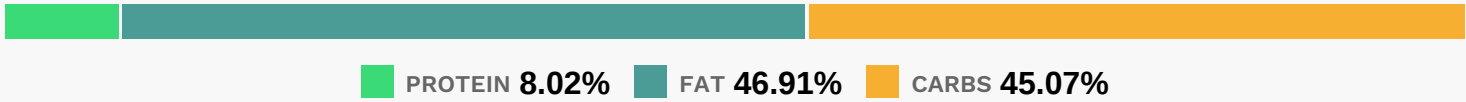
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ microwave

Directions

- ☐ Combine oil and annatto (if desired) in a saucepan; cook over low heat 5 minutes.
- ☐ Remove from heat; let stand 10 minutes. Strain through a sieve over a bowl; discard seeds.
- ☐ Heat 1 1/2 teaspoons oil mixture in pan; discard remaining oil mixture.
- ☐ Add garlic; saut 3 minutes.
- ☐ Add juices; bring to a simmer. Stir in tomato and remaining ingredients, and remove from heat.
- ☐ Serve warm over grilled fish or chicken.
- ☐ Note: Salsa can be made up to two days ahead of time; cover and chill. Reheat in the microwave or in a saucepan over medium heat. If you choose not to use the annatto, use only 1 1/2 teaspoons oil.

Nutrition Facts



Properties

Glycemic Index:8.34, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.82304348310699%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin:

0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 8.13kcal (0.41%), Fat: 0.46g (0.71%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 19.02mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 3.43mg (4.15%), Vitamin A: 134.56IU (2.69%), Vitamin K: 2.45µg (2.33%), Manganese: 0.03mg (1.34%), Potassium: 42.05mg (1.2%)