 **7%**
HEALTH SCORE

Yellow Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup basil
- 0.3 cup basil
- 0.5 teaspoon kosher salt
- 0.5 cup onion red
- 1.5 pounds tomatoes yellow cut into quarters

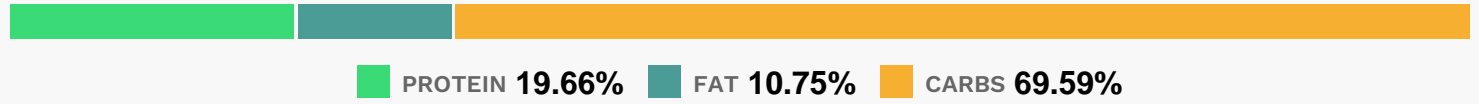
Equipment

- food processor
- bowl

Directions

- Pulse tomatoes in a food processor until roughly chopped.
- Transfer to a bowl and mix in onion, basil leaves, and salt.
- Serve with hearts of romaine, sliced zucchini, and crackers.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:3.2252174006856%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 17.1kcal (0.86%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 165.36mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin C: 8.66mg (10.5%), Folate: 28.43µg (7.11%), Potassium: 238.48mg (6.81%), Manganese: 0.13mg (6.63%), Vitamin K: 6.26µg (5.97%), Vitamin B3: 1.03mg (5.14%), Copper: 0.1mg (4.78%), Phosphorus: 34.36mg (3.44%), Fiber: 0.79g (3.16%), Vitamin B6: 0.06mg (3.1%), Magnesium: 12.17mg (3.04%), Iron: 0.49mg (2.7%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.04mg (2.58%), Zinc: 0.27mg (1.78%), Vitamin A: 79.32IU (1.59%), Calcium: 14.4mg (1.44%), Vitamin B5: 0.11mg (1.09%)