



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

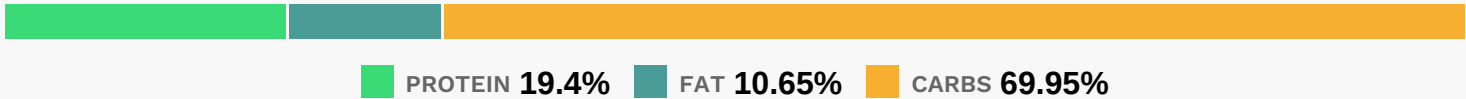
Equipment

- ☐ 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:12.13, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.9900000012763%

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: 16.93kcal (0.85%), Fat: 0.24g (0.36%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.43g (0.47%), Cholesterol: 0mg (0%), Sodium: 165.33mg (7.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Vitamin C: 8.53mg (10.34%), Folate: 27.92µg (6.98%), Potassium: 236.27mg (6.75%), Manganese: 0.12mg (6.2%), Vitamin B3: 1.02mg (5.11%), Copper: 0.09mg (4.64%), Phosphorus: 33.94mg (3.39%), Fiber: 0.78g (3.11%), Vitamin B6: 0.06mg (3.04%), Vitamin K: 3.15µg (3%), Magnesium: 11.69mg (2.92%), Vitamin B1: 0.04mg (2.65%), Iron: 0.46mg (2.57%), Vitamin B2: 0.04mg (2.54%), Zinc: 0.26mg (1.74%), Calcium: 13.07mg (1.31%), Vitamin B5: 0.11mg (1.07%)