



Aloha Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 teaspoons jalapeno seeded chopped
- ☐ 1 cup kiwi fruit cubed peeled (3)
- ☐ 2 tablespoons juice of lime
- ☐ 1 cup mangos peeled chopped
- ☐ 1 cup pineapple fresh finely chopped
- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 0.8 cup onion red chopped

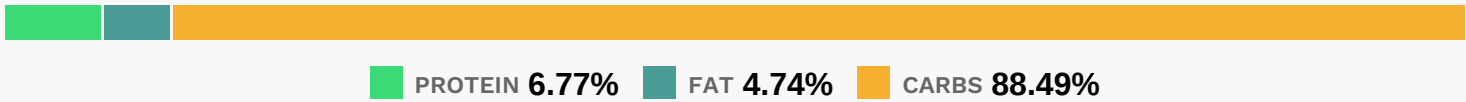
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a bowl. Cover and chill for 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:3.8517390444227%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 23.91kcal (1.2%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 1.64mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin C: 30.82mg (37.35%), Vitamin A: 449.08IU (8.98%), Manganese: 0.14mg (6.77%), Vitamin K: 6.61µg (6.3%), Fiber: 1g (3.99%), Folate: 15.44µg (3.86%), Vitamin B6: 0.07mg (3.52%), Vitamin E: 0.42mg (2.81%), Potassium: 86.55mg (2.47%), Copper: 0.04mg (2.18%), Vitamin B1: 0.02mg (1.56%), Magnesium: 6.24mg (1.56%), Vitamin B3: 0.28mg (1.38%), Vitamin B2: 0.02mg (1.25%), Phosphorus: 11.21mg (1.12%), Vitamin B5: 0.11mg (1.07%)