



Apple-Cranberry-Pomegranate Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 large apples i use 2 granny smith apples diced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon orange zest loosely packed
- ☐ 0.3 cup pomegranate seeds
- ☐ 0.3 cup sugar

- ☐ 0.3 cup cranberries dried sweetened halved
- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 0.3 cup water

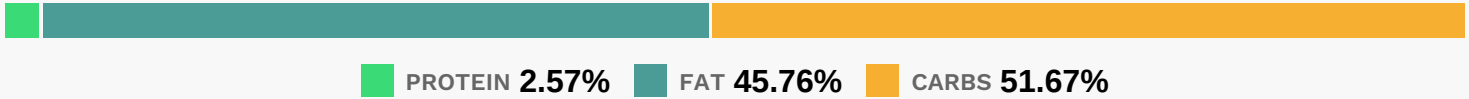
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring sugar, wine, and water to a boil in a small saucepan over medium heat.
- ☐ Remove from heat; add cranberries.
- ☐ Let stand 20 minutes, and drain.
- ☐ Transfer to a bowl. Toss together diced apple and lime juice, and stir into cranberries. Stir in pomegranate seeds, walnuts, orange zest, and parsley. Gradually stir in olive oil.

Nutrition Facts



Properties

Glycemic Index:23.61, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:2.0791304396546%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 93.86kcal (4.69%), Fat: 4.85g (7.46%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 11.17g (4.06%), Sugar: 10.26g (11.4%), Cholesterol: 0mg (0%), Sodium: 1.56mg (0.07%), Alcohol: 0.62g (100%), Alcohol %: 1.4% (100%), Protein: 0.61g (1.23%), Vitamin K: 9.76µg (9.3%), Manganese: 0.13mg (6.45%), Fiber: 1.14g (4.58%), Vitamin C: 3.74mg (4.53%), Vitamin E: 0.56mg (3.75%), Copper: 0.06mg (3.22%), Magnesium: 7.58mg (1.9%), Vitamin B6: 0.03mg (1.73%), Potassium: 59.31mg (1.69%), Phosphorus: 16.15mg (1.61%), Folate: 6.24µg (1.56%), Vitamin B1: 0.02mg (1.27%), Iron: 0.2mg (1.13%), Vitamin A: 50.34IU (1.01%)