



Apple, Cucumber, Lime, and Mint Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

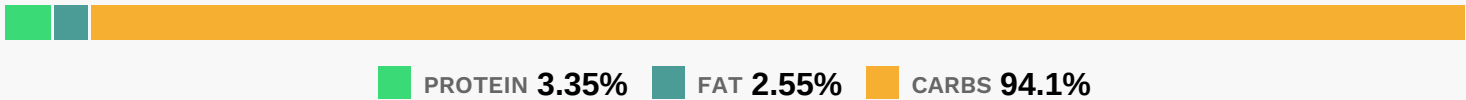
- ☐ 0.5 cucumber english
- ☐ 2 apples such as granny smith green organic unpeeled
- ☐ 2 tablespoons honey
- ☐ 0.5 jalapeño chile
- ☐ 0.3 cup juice of lime
- ☐ 4 mint leaves
- ☐ 1 medium bell pepper red
- ☐ 15 servings salt

Equipment

Directions

 Cut apples, bell pepper, and cucumber into small dice. Mince chile. Stack mint leaves and cut into fine ribbons. Toss everything together with lime juice, honey, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:1.918260872688%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 26.02kcal (1.3%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.05g (2.2%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 194.84mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 13.41mg (16.26%), Vitamin A: 290.37IU (5.81%), Fiber: 0.86g (3.42%), Vitamin K: 2.67µg (2.55%), Vitamin B6: 0.04mg (2.08%), Potassium: 66.29mg (1.89%), Manganese: 0.03mg (1.62%), Folate: 5.97µg (1.49%), Vitamin E: 0.2mg (1.32%), Vitamin B2: 0.02mg (1.12%), Magnesium: 4.13mg (1.03%)