


 **8%**  
HEALTH SCORE

# Apple, Green Onion, and Jalapeño Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**3**

CALORIES  
  
**178 kcal**

ANTIPASTI   STARTER   SNACK   APPETIZER

## Ingredients

- 1.5 pounds apples cored peeled halved ( 3 large)
- 0.5 cup spring onion minced
- 2 tablespoons honey
- 2 tablespoons jalapeno minced seeded
- 0.5 cup juice of lemon fresh

## Equipment

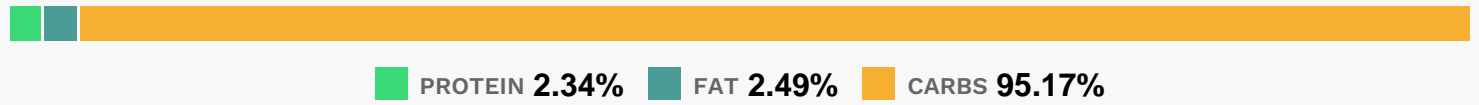
- bowl
- whisk

sieve

## Directions

- Coarsely grate apples into strainer set over large bowl. Press and turn apples to drain off excess juices.
- Transfer apples to medium bowl; stir in green onions and chiles.
- Whisk lemon juice, honey, and lemon peel in small bowl to blend; mix into apples. Season salsa to taste with salt and pepper. (Can be made 6 hours ahead. Cover and chill.)

## Nutrition Facts



## Properties

Glycemic Index:49.42, Glycemic Load:14.66, Inflammation Score:-6, Nutrition Score:8.5599998974282%

## Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

## Nutrients (% of daily need)

Calories: 177.67kcal (8.88%), Fat: 0.55g (0.85%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 41.21g (14.98%), Sugar: 36.91g (41.01%), Cholesterol: 0mg (0%), Sodium: 6.2mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 41.23mg (49.98%), Vitamin K: 41.34µg (39.37%), Fiber: 6.31g (25.23%), Potassium: 362.64mg (10.36%), Vitamin B6: 0.17mg (8.36%), Vitamin A: 398.88IU (7.98%), Folate: 28.58µg (7.15%), Manganese: 0.13mg (6.59%), Vitamin E: 0.92mg (6.13%), Vitamin B2: 0.09mg (5.34%), Magnesium: 18.89mg (4.72%), Copper: 0.09mg (4.56%), Vitamin B1: 0.06mg (4.1%), Phosphorus: 37.53mg (3.75%), Iron: 0.64mg (3.53%), Calcium: 30.09mg (3.01%), Vitamin B5: 0.25mg (2.45%), Vitamin B3: 0.48mg

(2.38%), Zinc: 0.22mg (1.47%)