



Apple Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons mint leaves fresh chopped
- 1 large garlic clove minced
- 2 granny smith green peeled finely chopped
- 1 tablespoon honey
- 1 jalapeño minced seeded
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime zest
- 0.3 cup onion minced

0.5 teaspoon salt

Equipment

bowl

Directions

Combine all ingredients in a large bowl. Cover and chill.

Nutrition Facts

PROTEIN 2.83% FAT 2.32% CARBS 94.85%

Properties

Glycemic Index:13.68, Glycemic Load:1.57, Inflammation Score:-1, Nutrition Score:0.80652172863483%

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: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg 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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 19.77kcal (0.99%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 78.25mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.31%), Vitamin C: 3.64mg (4.41%), Fiber: 0.73g (2.92%), Manganese: 0.03mg (1.29%), Potassium: 41.16mg (1.18%), Vitamin B6: 0.02mg (1.1%), Vitamin A: 53.12IU (1.06%)