



Apricot Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

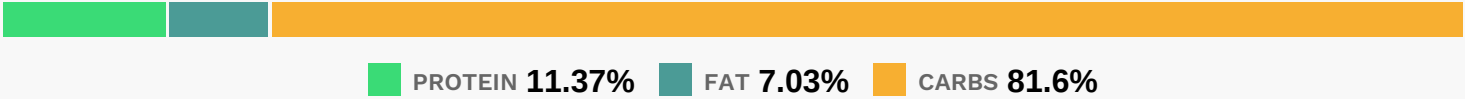
- ☐ 1 pound firm-ripe apricots pitted chopped
- ☐ 2 jalapeño chilies fresh stemmed seeded chopped
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons juice of lime
- ☐ 7 oz bell pepper red stemmed seeded chopped
- ☐ 3 servings salt

Equipment

Directions

Mix apricots with bell pepper, jalapeos, cilantro, and lime juice. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:50.22, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:16.684347746165%

Flavonoids

Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg, Epicatechin: 7.17mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 104.33kcal (5.22%), Fat: 0.93g (1.43%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 19.36g (7.04%), Sugar: 18.51g (20.57%), Cholesterol: 0mg (0%), Sodium: 200.97mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin C: 145.97mg (176.94%), Vitamin A: 5291.78IU (105.84%), Vitamin B6: 0.43mg (21.51%), Fiber: 4.91g (19.64%), Potassium: 640.9mg (18.31%), Vitamin E: 2.63mg (17.51%), Folate: 52.1µg (13.03%), Vitamin K: 13.32µg (12.68%), Manganese: 0.25mg (12.5%), Vitamin B3: 1.95mg (9.73%), Copper: 0.17mg (8.57%), Vitamin B2: 0.14mg (8.5%), Magnesium: 30.83mg (7.71%), Vitamin B1: 0.11mg (7.02%), Iron: 1.2mg (6.66%), Phosphorus: 66.4mg (6.64%), Vitamin B5: 0.65mg (6.47%), Zinc: 0.56mg (3.7%), Calcium: 30.18mg (3.02%)