



Arugula, Yellow Tomato, and Nectarine Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



5

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup arugula coarsely chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.5 cups cubes nectarines white pitted
- ☐ 1 tablespoon olive oil
- ☐ 8 ounces orange tomatoes yellow chopped
- ☐ 3 inch long serrano chile minced seeded
- ☐ 2 tablespoons citrus champagne vinegar

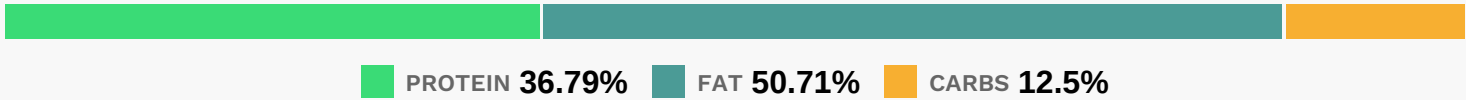
Equipment

☐ bowl

Directions

- ☐ Mix all ingredients in medium bowl. Season to taste with salt and pepper.
- ☐ Per serving: 55 calories, 3 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 15.4, Glycemic Load: 0.02, Inflammation Score: -5, Nutrition Score: 2.8099999907224%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 71.14kcal (3.56%), Fat: 4.14g (6.36%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.73g (0.81%), Cholesterol: 18.32mg (6.11%), Sodium: 466.14mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin A: 792.55IU (15.85%), Vitamin C: 8.97mg (10.87%), Vitamin K: 6.6µg (6.29%), Folate: 16.7µg (4.18%), Potassium: 114.11mg (3.26%), Iron: 0.54mg (2.98%), Vitamin E: 0.42mg (2.83%), Manganese: 0.06mg (2.82%), Fiber: 0.53g (2.11%), Vitamin B6: 0.04mg (1.9%), Copper: 0.03mg (1.7%), Phosphorus: 15.98mg (1.6%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.31mg (1.53%), Magnesium: 5.65mg (1.41%), Vitamin B2: 0.02mg (1.16%)