



Betty Baker's Strawberry Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons cilantro leaves chopped
- 0.5 teaspoon coarse salt
- 0.3 cup mint leaves fresh chopped
- 1 cup grape tomatoes coarsely chopped
- 0.5 cup green onions chopped
- 0.5 teaspoon ground pepper black
- 2 tablespoons jalapeno minced seeded

- 2 tablespoons juice of lime
- 1 teaspoon lime zest grated
- 2 cups strawberries sliced

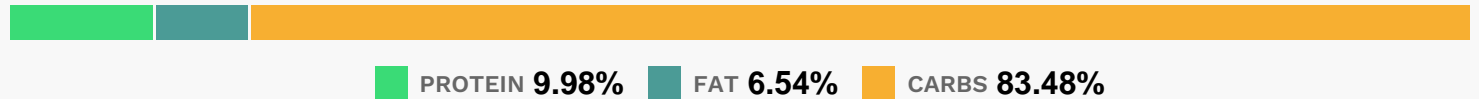
Equipment

- mixing bowl

Directions

- Place the strawberries, tomatoes, green onions, jalapeno pepper, mint, cilantro, and lime zest into a mixing bowl. Stir in the lime juice, balsamic vinegar, salt, and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:4.03, Inflammation Score:-8, Nutrition Score:12.506087077701%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 63.5kcal (3.18%), Fat: 0.51g (0.79%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 11.01g (4%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 398.01mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin C: 82.7mg (100.25%), Vitamin K: 43.82µg (41.74%), Manganese: 0.57mg (28.41%), Vitamin A: 883.66IU (17.67%), Fiber: 3.68g (14.72%), Folate: 49.41µg (12.35%), Potassium: 386.95mg (11.06%), Vitamin B6: 0.15mg (7.36%), Magnesium: 28.55mg (7.14%), Vitamin E: 1.03mg (6.87%), Iron: 1.12mg (6.22%), Copper: 0.12mg (5.87%), Phosphorus: 50.67mg (5.07%), Calcium: 49.03mg (4.9%), Vitamin B3: 0.97mg (4.84%), Vitamin B1: 0.06mg (4.06%), Vitamin B2: 0.06mg (3.74%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.24mg (2.41%)