



Blueberry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

3

CALORIES

calories

42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup blueberries fresh whole



1 tablespoon jalapeno finely chopped



1 juice of lime fresh juiced



0.3 cup bell pepper red chopped



0.3 cup onion red chopped



3 servings salt to taste

Equipment

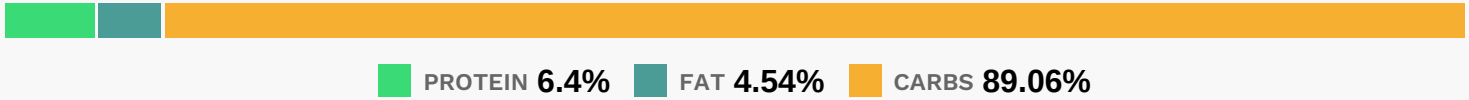


bowl

Directions

☐ In a bowl, combine chopped and whole blueberries, jalepeno pepper, onion, red pepper, lime juice, and salt.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:2.97, Inflammation Score:-6, Nutrition Score:4.80999999479626%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg 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: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 42.41kcal (2.12%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 8.8g (3.2%), Sugar: 6.56g (7.29%), Cholesterol: 0mg (0%), Sodium: 195.84mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 30.92mg (37.48%), Vitamin K: 11.19µg (10.65%), Manganese: 0.21mg (10.49%), Vitamin A: 474.66IU (9.49%), Fiber: 1.93g (7.71%), Vitamin B6: 0.11mg (5.39%), Vitamin E: 0.68mg (4.55%), Folate: 14.4µg (3.6%), Potassium: 114.28mg (3.27%), Vitamin B1: 0.04mg (2.51%), Vitamin B2: 0.04mg (2.39%), Vitamin B3: 0.43mg (2.13%), Copper: 0.04mg (2.12%), Magnesium: 7.78mg (1.95%), Phosphorus: 17mg (1.7%), Vitamin B5: 0.15mg (1.5%), Iron: 0.25mg (1.4%), Zinc: 0.16mg (1.04%)