



## Cactus Salsa

 **Gluten Free**  **Dairy Free**

READY IN



**15 min.**

SERVINGS



**24**

CALORIES



**18 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

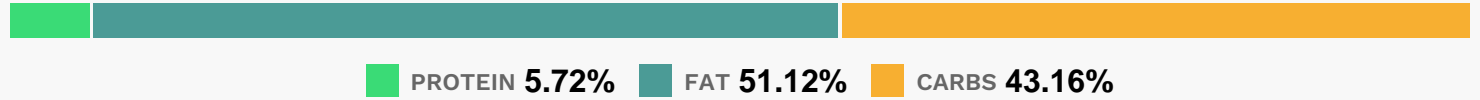
- 1 cup cactus jarred canned prepared drained chopped
- 0.5 cup cilantro leaves fresh finely chopped
- 0.5 cup regular corn frozen thawed
- 0.5 tsp ground cumin
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup onions chopped
- 0.3 cup pickled jalapeño peppers chopped
- 1 bell pepper red chopped

# Equipment

## Directions

Mix ingredients until blended.

## Nutrition Facts



## Properties

Glycemic Index:4.71, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:1.4530434874089%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 18.19kcal (0.91%), Fat: 1.09g (1.68%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 50.07mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin C: 8.41mg (10.2%), Vitamin K: 4.33µg (4.13%), Vitamin A: 202.32IU (4.05%), Manganese: 0.04mg (1.79%), Vitamin B6: 0.03mg (1.62%), Fiber: 0.35g (1.39%), Vitamin E: 0.2mg (1.34%), Potassium: 41.52mg (1.19%), Folate: 4.45µg (1.11%), Magnesium: 4.36mg (1.09%)