



Cantaloupe-and-Cherry Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups cantaloupe diced
- ☐ 2 cups cherry tomatoes quartered
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons orange juice
- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 cup oregano fresh chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots minced

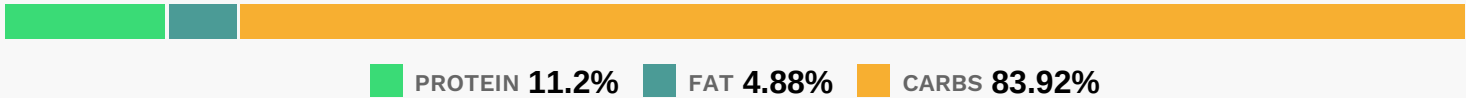
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl; toss well. Cover and refrigerate 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.42, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:8.0795652451723%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 45.47kcal (2.27%), Fat: 0.28g (0.43%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 8.71g (3.17%), Sugar: 7.06g (7.85%), Cholesterol: 0mg (0%), Sodium: 120.38mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Vitamin A: 2151.78IU (43.04%), Vitamin C: 29.14mg (35.32%), Vitamin K: 16.37µg (15.59%), Manganese: 0.21mg (10.74%), Fiber: 2.19g (8.77%), Potassium: 281.7mg (8.05%), Iron: 1.43mg (7.96%), Vitamin B6: 0.14mg (7.09%), Folate: 25.77µg (6.44%), Vitamin E: 0.87mg (5.79%), Copper: 0.11mg (5.57%), Magnesium: 20.87mg (5.22%), Calcium: 49.09mg (4.91%), Vitamin B3: 0.85mg (4.24%), Vitamin B1: 0.06mg (4.18%), Phosphorus: 35.02mg (3.5%), Zinc: 0.41mg (2.76%), Vitamin B2: 0.04mg (2.62%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.4µg (2%)