



Cantaloupe Basil Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups cantaloupe diced (1/4 inch) (from a 2 1/4-lb piece)
- ☐ 0.3 teaspoon salt
- ☐ 2 inch serrano chiles fresh green red hot minced (including some seeds)
- ☐ 0.3 cup onion sweet finely chopped

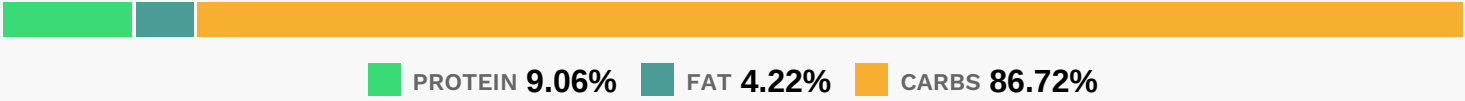
Equipment

- ☐ bowl

Directions

☐ Toss together all ingredients in a bowl and let stand, covered and chilled, 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:2.5560869146948%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 15.99kcal (0.8%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.45g (1.25%), Sugar: 3.46g (3.85%), Cholesterol: 0mg (0%), Sodium: 85.19mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin A: 1386.11IU (27.72%), Vitamin C: 5.54mg (6.71%), Vitamin K: 3.26µg (3.1%), Potassium: 74.37mg (2.12%), Copper: 0.04mg (2.01%), Folate: 7.42µg (1.86%), Fiber: 0.4g (1.62%), Magnesium: 6.26mg (1.57%), Vitamin B1: 0.02mg (1.51%), Vitamin B3: 0.3mg (1.51%), Manganese: 0.03mg (1.38%), Vitamin B6: 0.03mg (1.36%), Zinc: 0.19mg (1.27%), Iron: 0.19mg (1.05%), Selenium: 0.71µg (1.02%)