



Caribbean Fruit Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons cilantro leaves fresh chopped
- 1 medium size bell pepper diced green
- 2 tablespoons juice of lime fresh
- 0.5 pound mangos peeled diced
- 1 tablespoon olive oil
- 0.5 pound papaya peeled diced
- 1 cup pineapple fresh diced
- 1 medium size bell pepper diced red

1 small onion diced red

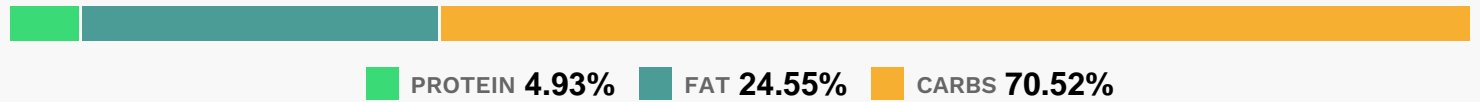
Equipment

Directions

Stir together all ingredients. Cover and chill at least 2 hours.

*1 cup each diced, refrigerated jarred mango and papaya may be substituted.

Nutrition Facts



Properties

Glycemic Index:54.03, Glycemic Load:8.66, Inflammation Score:-9, Nutrition Score:11.759999954182%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 109.28kcal (5.46%), Fat: 3.27g (5.03%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 17.87g (6.5%), Sugar: 15.62g (17.35%), Cholesterol: 0mg (0%), Sodium: 7.24mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Vitamin C: 113mg (136.97%), Vitamin A: 1793.71IU (35.87%), Manganese: 0.44mg (21.94%), Folate: 60.48µg (15.12%), Fiber: 3.27g (13.07%), Vitamin B6: 0.26mg (12.99%), Vitamin E: 1.44mg (9.61%), Potassium: 327.01mg (9.34%), Vitamin K: 8.8µg (8.38%), Copper: 0.14mg (6.88%), Magnesium: 26mg (6.5%), Vitamin B1: 0.09mg (5.83%), Vitamin B3: 1.01mg (5.07%), Vitamin B2: 0.07mg (4.36%), Vitamin B5: 0.38mg (3.81%), Phosphorus: 31.81mg (3.18%), Iron: 0.54mg (2.98%), Calcium: 28.49mg (2.85%), Zinc: 0.25mg (1.67%), Selenium: 0.72µg (1.03%)