



Chipotle Peach Salsa with Cilantro

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons chipotle peppers in adobo sauce minced
- 0.3 cup cilantro leaves fresh chopped
- 1.5 teaspoons ginger root fresh minced
- 2 cloves garlic minced
- 0.5 juice of lime juiced
- 1 cup peaches canned drained sliced chopped
- 0.3 cup onion red chopped
- 4 servings salt and pepper to taste

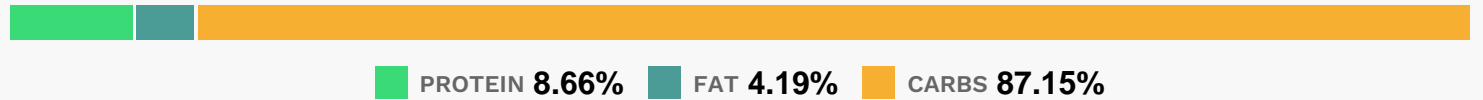
Equipment

bowl

Directions

In a bowl, mix the peaches, onion, garlic, ginger, chipotle peppers in adobo sauce, cilantro, and lime. Season with salt and pepper. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:36.06, Glycemic Load:1.77, Inflammation Score:-3, Nutrition Score:2.0708695883336%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 27.25kcal (1.36%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 200.39mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 4.56mg (5.52%), Vitamin K: 5.39µg (5.13%), Fiber: 1.15g (4.61%), Vitamin A: 217.88IU (4.36%), Manganese: 0.07mg (3.72%), Potassium: 86.94mg (2.48%), Vitamin B6: 0.05mg (2.44%), Copper: 0.05mg (2.28%), Vitamin E: 0.33mg (2.19%), Vitamin B3: 0.36mg (1.81%), Phosphorus: 16.05mg (1.61%), Selenium: 1.11µg (1.59%), Folate: 6.17µg (1.54%), Iron: 0.28mg (1.54%), Magnesium: 5.76mg (1.44%), Vitamin B1: 0.02mg (1.36%), Vitamin B2: 0.02mg (1.19%)