



Citrus Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz mandarin orange segments drained chopped canned
- 0.3 cup parsley fresh chopped
- 1 Tbsp 1 tbsp. kraft lite zesty italian dressing italian kraft
- 10 servings rosemary and olive oil woven wheat crackers
- 1 cup plum tomatoes chopped
- 0.3 cup onion red chopped

Equipment

Directions

- Combine all ingredients except crackers.
- Serve immediately with the crackers. Or, cover and refrigerate until ready to serve.

Nutrition Facts

PROTEIN 1.43% **FAT 86.53%** **CARBS 12.04%**

Properties

Glycemic Index:9.7, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:4.7721738607987%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 145.54kcal (7.28%), Fat: 14.39g (22.13%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.73g (1.35%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 18.62mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin K: 35.74µg (34.03%), Vitamin C: 16.11mg (19.53%), Vitamin E: 2.23mg (14.9%), Vitamin A: 733.19IU (14.66%), Potassium: 114.01mg (3.26%), Fiber: 0.78g (3.1%), Vitamin B1: 0.04mg (2.64%), Folate: 8.15µg (2.04%), Vitamin B6: 0.04mg (1.97%), Iron: 0.33mg (1.84%), Magnesium: 7.26mg (1.81%), Manganese: 0.04mg (1.75%), Copper: 0.03mg (1.54%), Zinc: 0.23mg (1.53%), Vitamin B3: 0.31mg (1.53%), Phosphorus: 11.36mg (1.14%)