



WHATSheATE



Cranberry-Citrus Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup cranberries fresh halved



1 garlic clove pressed



1 pink grapefruit peeled chopped



0.5 bell pepper diced green



1 cranberry-orange relish peeled chopped



2 tablespoons orange juice



2 teaspoons orange rind grated



2 tablespoons parsley italian minced

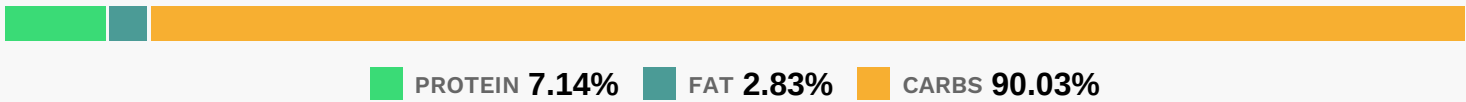
- ☐ 0.3 cup purple onion chopped
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Combine ingredients; cover and chill.

Nutrition Facts



Properties

Glycemic Index:32.94, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:4.5239130932352%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg Naringenin: 13.04mg, Naringenin: 13.04mg, Naringenin: 13.04mg, Naringenin: 13.04mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 33.69kcal (1.68%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 6.75g (2.46%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 74.03mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 31.05mg (37.63%), Vitamin K: 17.61µg (16.77%), Vitamin A: 534.84IU (10.7%), Fiber: 1.67g (6.68%), Manganese: 0.08mg (4.02%), Folate: 13.85µg (3.46%), Potassium: 119.77mg (3.42%), Vitamin B6: 0.06mg (3.23%), Vitamin B1: 0.04mg (2.81%), Calcium: 19.86mg (1.99%), Vitamin B5: 0.19mg (1.92%), Magnesium: 7.68mg (1.92%), Vitamin E: 0.28mg (1.84%), Copper: 0.04mg (1.82%), Vitamin B2:

0.03mg (1.5%), Phosphorus: 14.35mg (1.43%), Iron: 0.19mg (1.04%), Vitamin B3: 0.2mg (1.01%)