



Cranberry-Habanero Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cranberries fresh
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon bell pepper green finely chopped
- 3 tablespoons green onions thinly sliced
- 0.5 habanero pepper minced seeded
- 2 tablespoons honey
- 2 tablespoons orange juice fresh
- 1 Dash pepper black

- 0.1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon water

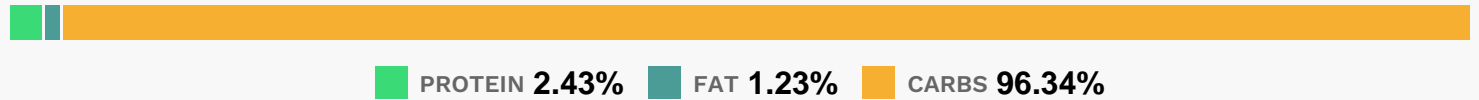
Equipment

- food processor
- bowl

Directions

- To prepare salsa, place cranberries in a food processor; pulse 3 or 4 times until chopped.
- Combine cranberries, onions, and the remaining ingredients in a small bowl. Cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:92.59, Glycemic Load:7.2, Inflammation Score:-3, Nutrition Score:2.8608695424121%

Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 59.34kcal (2.97%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 14.03g (5.1%), Sugar: 12.16g (13.51%), Cholesterol: 0mg (0%), Sodium: 75.08mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin C: 14.09mg (17.08%), Vitamin K: 11.9µg (11.33%), Manganese: 0.16mg (8.04%), Fiber: 1.57g (6.29%), Vitamin E: 0.54mg (3.62%), Vitamin A: 111.75IU (2.24%), Potassium: 73.86mg (2.11%), Vitamin B6: 0.04mg (2.09%), Copper: 0.04mg (1.83%), Folate: 6.6µg (1.65%), Vitamin B5: 0.14mg (1.43%), Iron: 0.24mg (1.33%), Magnesium: 4.92mg (1.23%), Vitamin B2: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.13%)