



Cranberry-Jalapeño Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 3 tablespoons crystallized ginger
- ☐ 0.3 cup mint leaves fresh
- ☐ 2 jalapeño peppers seeded coarsely chopped
- ☐ 1 medium navel oranges unpeeled coarsely chopped
- ☐ 1 cup sugar

Equipment

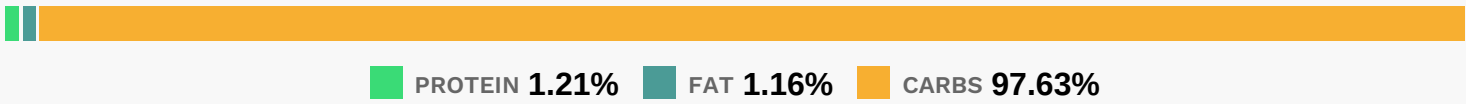
- ☐ food processor

bowl

Directions

- Pulse cranberries in a food processor until minced.
- Transfer to a bowl.
- Pulse orange and next 4 ingredients in food processor 3 to 5 times or until orange, ginger, and pepper are finely chopped. Stir into cranberries; cover and chill, if desired.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:19.1, Inflammation Score:-3, Nutrition Score:3.2399999888047%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 3.97mg, Hesperetin: 3.97mg, Hesperetin: 3.97mg, Hesperetin: 3.97mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 138.43kcal (6.92%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 33.46g (12.17%), Sugar: 31.24g (34.71%), Cholesterol: 0mg (0%), Sodium: 2.38mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 20.89mg (25.33%), Manganese: 0.18mg (8.95%), Fiber: 2.13g (8.51%), Vitamin E: 0.71mg (4.75%), Vitamin A: 166.21IU (3.32%), Vitamin B6: 0.05mg (2.73%), Vitamin K: 2.77µg (2.64%), Potassium: 80.25mg (2.29%), Folate: 8.92µg (2.23%), Copper: 0.04mg (1.93%), Vitamin B5: 0.19mg (1.87%), Vitamin B2: 0.03mg (1.67%), Magnesium: 6.13mg (1.53%), Calcium: 15.01mg (1.5%), Vitamin B1: 0.02mg (1.3%), Iron: 0.21mg (1.18%), Phosphorus: 10.64mg (1.06%)