



Cranberry-Jalapeño Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz cranberries fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 to 3 green onions chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 servings garnish: lime wedges
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 8 servings tortilla chips

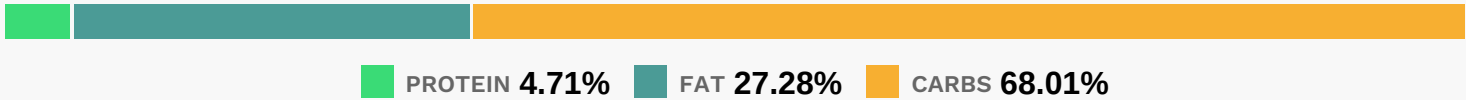
Equipment

- ☐ food processor

Directions

- ☐ Pulse cranberries and sugar in a food processor 3 to 4 times or until coarsely chopped, stopping to scrape down sides.
- ☐ Add chopped green onions, chopped jalapeo pepper, grated fresh ginger, lemon juice, and salt; pulse 3 to 4 times or until chopped. Stir in chopped fresh cilantro. Cover and chill 2 to 24 hours.
- ☐ Serve with tortilla chips.
- ☐ Garnish with lime wedges, if desired.
- ☐ Note: To make ahead, prepare recipe as directed, omitting fresh cilantro. Freeze in an airtight container up to 1 month. Thaw in refrigerator 12 hours. Stir in cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:7.54, Inflammation Score:-3, Nutrition Score:4.8308695243753%

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, 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: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol:

0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 186.8kcal (9.34%), Fat: 5.91g (9.09%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 29.89g (10.87%), Sugar: 10.58g (11.75%), Cholesterol: 0mg (0%), Sodium: 239.03mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin K: 16.07µg (15.3%), Fiber: 3.23g (12.94%), Vitamin C: 9.79mg (11.86%), Vitamin E: 1.65mg (10.99%), Manganese: 0.16mg (8.24%), Phosphorus: 70.11mg (7.01%), Magnesium: 27.62mg (6.9%), Vitamin B5: 0.47mg (4.74%), Vitamin B6: 0.09mg (4.35%), Calcium: 36.54mg (3.65%), Iron: 0.6mg (3.33%), Vitamin B1: 0.05mg (3.2%), Potassium: 106.98mg (3.06%), Zinc: 0.45mg (2.98%), Copper: 0.06mg (2.95%), Vitamin A: 109.48IU (2.19%), Vitamin B2: 0.03mg (2.05%), Selenium: 1.37µg (1.95%), Folate: 7.04µg (1.76%), Vitamin B3: 0.33mg (1.66%)