



Cranberry, Jicama, and Cilantro Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cilantro leaves chopped
- ☐ 2 cups cranberries fresh
- ☐ 0.5 teaspoon jalapeño chile minced
- ☐ 8 ounces jicama peeled cut into matchsticks
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons orange juice
- ☐ 15 servings salt
- ☐ 2 tablespoons sugar

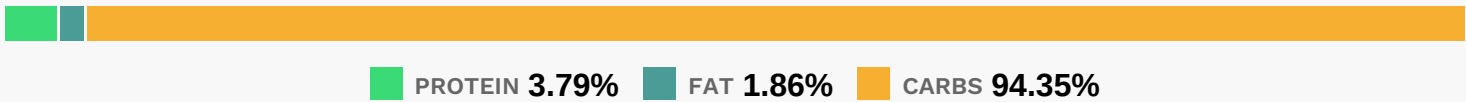
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together orange juice, lime juice, and sugar in a small bowl. Coarsely chop fresh cranberries in a food processor.
- ☐ Combine cranberries in a medium bowl with jicama, cilantro, chile, and salt to taste.
- ☐ Mix with juices; chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:1.2208695761535%

Flavonoids

Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.55mg, Peonidin: 6.55mg, Peonidin: 6.55mg, Peonidin: 6.55mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 19.64kcal (0.98%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 194.81mg (8.47%), Alcohol: 0g (0%)

(100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 6.89mg (8.35%), Fiber: 1.24g (4.97%), Manganese: 0.06mg (2.95%), Vitamin E: 0.26mg (1.73%), Potassium: 41.4mg (1.18%), Vitamin K: 1.17µg (1.11%)