



Cranberry-Kumquat Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cranberries fresh
- ☐ 3 tablespoons crystallized ginger minced
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 6 kumquats unpeeled coarsely chopped
- ☐ 0.8 cup sugar

Equipment

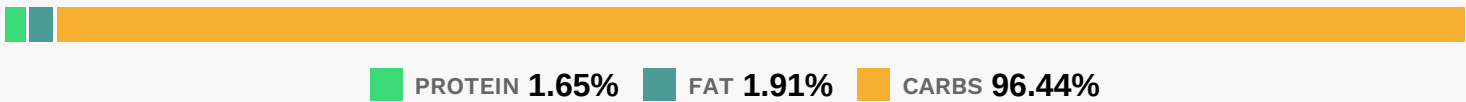
- ☐ food processor

- ☐ bowl
- ☐ knife

Directions

- ☐ Position knife blade in food processor bowl; drop cranberries through food chute with processor running, and process 15 seconds or until minced.
- ☐ Transfer cranberries to a small bowl.
- ☐ Position knife blade in processor bowl; add kumquats, ginger, and pepper. Pulse 3 to 5 times or until mixture is finely chopped.
- ☐ Add kumquat mixture to cranberries. Stir in sugar and mint. Cover and store in refrigerator. Flavor intensifies the longersalsa is chilled.
- ☐ Serve with chicken, pork, or turkey or as a spread over nonfat cream cheese; or stir into low-fat yogurt.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:16.09, Inflammation Score:-3, Nutrition Score:2.8313043350759%

Flavonoids

Cyanidin: 13.27mg, Cyanidin: 13.27mg, Cyanidin: 13.27mg, Cyanidin: 13.27mg Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.05mg, Peonidin: 14.05mg, Peonidin: 14.05mg, Peonidin: 14.05mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 9.35mg, Naringenin: 9.35mg, Naringenin: 9.35mg, Naringenin: 9.35mg Apigenin: 3.65mg, Apigenin: 3.65mg, Apigenin: 3.65mg, Apigenin: 3.65mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 123.26kcal (6.16%), Fat: 0.28g (0.42%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 28.91g (10.51%), Sugar: 27.54g (30.6%), Cholesterol: 0mg (0%), Sodium: 3.68mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin C: 16.4mg (19.88%), Fiber: 2.33g (9.31%), Manganese: 0.15mg (7.42%), Vitamin E: 0.54mg (3.63%), Vitamin A: 175.76IU (3.52%), Potassium: 72.64mg (2.08%), Vitamin K: 2.17µg (2.07%), Vitamin B6: 0.04mg (2.05%), Copper: 0.04mg (2%), Vitamin B2: 0.03mg (1.85%), Iron: 0.31mg (1.71%), Magnesium: 6.86mg (1.71%), Calcium: 16.98mg (1.7%), Folate: 5.97µg (1.49%), Vitamin B5: 0.14mg (1.36%)