



## Cranberry-Red Pepper Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups cranberries fresh thawed
- 2 tablespoons cilantro leaves fresh chopped
- 1 green onion chopped
- 3 tablespoons honey
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime
- 0.5 teaspoon lime zest grated
- 0.5 cup bottled roasted bell peppers red drained chopped

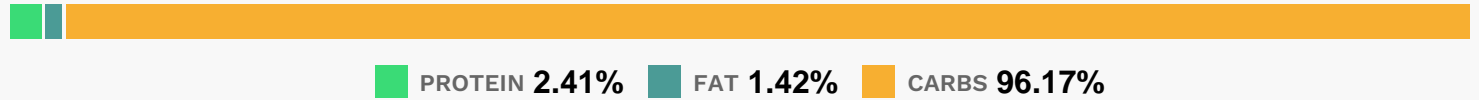
# Equipment

- food processor
- bowl

# Directions

- Process cranberries in a food processor until coarsely chopped; transfer to a bowl.
- Add bell peppers and remaining ingredients, stirring well to combine. Cover and chill until ready to serve.
- Serve cold or at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:15.02, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:0.95391304369854%

# Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

# Nutrients (% of daily need)

Calories: 19.27kcal (0.96%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.03%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.66g (1.69%), Sugar: 3.97g (4.41%), Cholesterol: 0mg (0%), Sodium: 64.48mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 5.48mg (6.65%), Manganese: 0.05mg (2.48%),

Vitamin K: 2.51µg (2.39%), Fiber: 0.48g (1.93%), Vitamin E: 0.18mg (1.17%), Vitamin A: 52.94IU (1.06%), Vitamin B6: 0.02mg (1.01%)