



Cranberry Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



12

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves chopped
- 2 cups cranberries frozen thawed
- 6 tablespoons honey
- 4 jalapeño peppers fresh minced seeded
- 2 tablespoons juice of lime fresh
- 1.5 tablespoons tequila
- 1.5 tablespoons triple sec

Equipment

- bowl
- blender

Directions

- Place the cranberries in a blender; pulse until smooth; scrape into a bowl. Stir the lime juice, honey, tequila, Triple Sec, jalapeno peppers, and cilantro into the cranberries; cover and refrigerate overnight.

Nutrition Facts

■ PROTEIN **1.41%**
■ FAT **0.9%**
■ CARBS **97.69%**

Properties

Glycemic Index:14.69, Glycemic Load:5.2, Inflammation Score:-2, Nutrition Score:1.4426086791184%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 51.75kcal (2.59%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 11.01g (4%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 1.27mg (0.06%), Alcohol: 1.11g (100%), Alcohol %: 3.67% (100%), Protein: 0.17g (0.34%), Vitamin C: 8.76mg (10.62%), Manganese: 0.08mg (3.77%), Fiber: 0.77g (3.08%), Vitamin E: 0.4mg (2.67%), Vitamin K: 2.74µg (2.61%), Vitamin A: 84.05IU (1.68%), Vitamin B6: 0.03mg (1.65%), Potassium: 35.63mg (1.02%)