



Cranberry Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

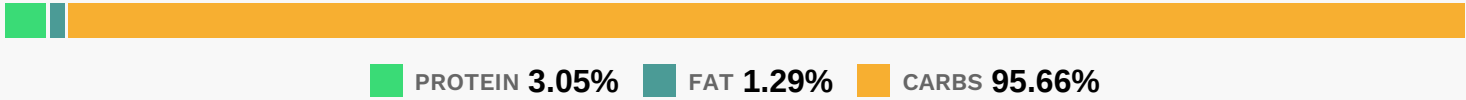
- ☐ 0.5 cup cranberries fresh diced
- ☐ 0.3 cup dates diced
- ☐ 1.3 teaspoons ginger fresh minced
- ☐ 3 spring onion diced
- ☐ 1.5 tablespoons honey
- ☐ 1 teaspoon juice of lemon
- ☐ 15 ounce dole pineapple tidbits canned

Equipment

Directions

- ☐ Stir together first 7 ingredients and, if desired, pepper. Cover and chill at least 1 hour.
- ☐ Serve with ham or turkey.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:3.1965217331181%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg 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: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 82.03kcal (4.1%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 19.63g (7.14%), Sugar: 18.82g (20.92%), Cholesterol: 0mg (0%), Sodium: 2.23mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Vitamin K: 13.5µg (12.86%), Vitamin C: 9.35mg (11.33%), Fiber: 1.89g (7.55%), Vitamin B1: 0.08mg (5.34%), Copper: 0.1mg (5.05%), Potassium: 156.61mg (4.47%), Magnesium: 15.3mg (3.82%), Vitamin B6: 0.07mg (3.7%), Manganese: 0.06mg (3.05%), Folate: 8.95µg (2.24%), Iron: 0.39mg (2.19%), Vitamin A: 100.92IU (2.02%), Calcium: 19.15mg (1.91%), Vitamin B3: 0.33mg (1.65%), Vitamin B2: 0.03mg (1.63%), Phosphorus: 12.31mg (1.23%), Vitamin E: 0.16mg (1.08%)