



Cranberry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



15

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz cranberries fresh
- ☐ 3 tablespoons crystallized ginger coarsely chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 jalapeño peppers seeded coarsely chopped
- ☐ 1 navel oranges peeled coarsely chopped
- ☐ 1 tablespoon orange zest
- ☐ 1 cup sugar

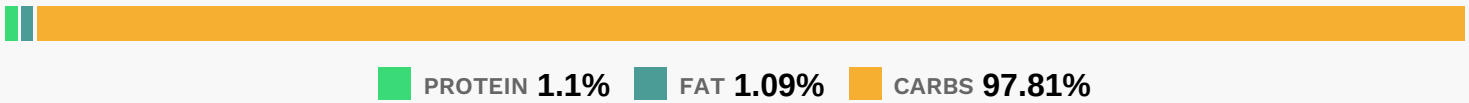
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Pulse cranberries in a food processor until coarsely chopped.
- ☐ Transfer to a bowl.
- ☐ Pulse orange zest and next 5 ingredients in food processor 3 to 5 times or until orange, ginger, and pepper are finely chopped. Stir into cranberries; cover and chill 2 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:10.19, Inflammation Score:-2, Nutrition Score:1.6630434497543%

Flavonoids

Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 73.71kcal (3.69%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 17.85g (6.49%), Sugar: 16.66g (18.51%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 11.46mg (13.9%), Fiber: 1.12g (4.47%), Manganese: 0.09mg (4.35%), Vitamin E: 0.38mg (2.55%), Vitamin K: 1.64µg (1.57%), Vitamin B6: 0.03mg (1.45%), Vitamin A: 62.06IU (1.24%), Potassium: 39.66mg (1.13%), Folate: 4.06µg (1.01%)