

Cranberry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 cups cranberries fresh



0.5 an apple cored peeled roughly chopped



0.5 jalapeño chile seeds removed, roughly chopped (less to taste, depending on how hot the chile is and how hot you would like your salsa to be) (or serrano)



0.3 cup green onions light chopped (scallions)



4 Tbsp sugar



2 Tbsp cilantro leaves fresh chopped



1 Tbsp ginger peeled chopped



1 Tbsp juice of lemon

☐ 1 Dash salt

Equipment

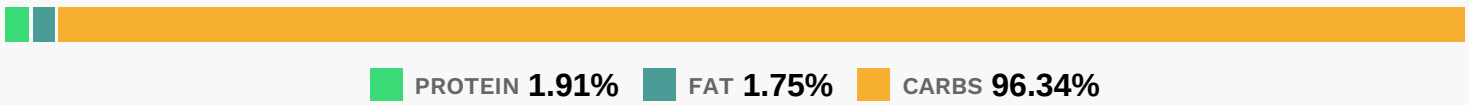
☐ food processor

☐ bowl

Directions

- ☐ the cranberries, apple, chile, green onions, sugar, cilantro, ginger, lime juice and salt (all of the ingredients) in the bowl of a food processor. Pulse several times until everything is finely chopped and well blended.
- ☐ the salsa sit for at least 15 minutes for the sugar in the salsa to soften the chopped cranberries.
- ☐ Store chilled in an airtight container until ready to serve.
- ☐ Serve with chips or as a side to pork, chicken, turkey, or steak. You can also place a dollop over a cracker that has been spread with cream cheese for an appetizer.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:10.78, Inflammation Score:-3, Nutrition Score:3.0865217550941%

Flavonoids

Cyanidin: 17.77mg, Cyanidin: 17.77mg, Cyanidin: 17.77mg, Cyanidin: 17.77mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.44mg, Peonidin: 18.44mg, Peonidin: 18.44mg, Peonidin: 18.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 80.06kcal (4%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 18.58g (6.76%), Sugar: 16.29g (18.1%), Cholesterol: 0mg (0%), Sodium: 12.2mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin K: 16.26µg (15.48%), Vitamin C: 11.14mg (13.5%), Fiber: 2.16g (8.64%), Manganese: 0.16mg (8.02%), Vitamin E: 0.65mg (4.32%), Vitamin A: 129.68IU (2.59%), Potassium: 88.34mg (2.52%), Vitamin B6: 0.05mg (2.33%), Copper: 0.04mg (1.95%), Folate: 6.6µg (1.65%), Magnesium: 5.93mg (1.48%), Vitamin B5: 0.14mg (1.44%), Vitamin B2: 0.02mg (1.38%), Iron: 0.23mg (1.3%), Phosphorus: 10.39mg (1.04%)