



Cranberry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cucumber diced peeled seeded
- ☐ 1 cup cranberries dried
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno diced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup orange juice

- ☐ 0.5 cup purple onion diced
- ☐ 0.5 teaspoon salt

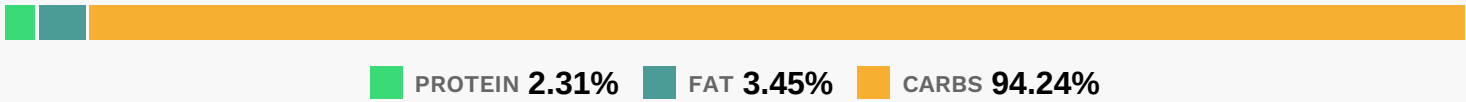
Equipment

- ☐ bowl

Directions

- ☐ Soak cranberries in orange juice in a large bowl 30 minutes. Stir in cucumber and remaining ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:64.33, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:6.089130466399%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 6.75mg, Hesperetin: 6.75mg, Hesperetin: 6.75mg, Hesperetin: 6.75mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 165.81kcal (8.29%), Fat: 0.7g (1.08%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 40.11g (14.59%), Sugar: 34.8g (38.67%), Cholesterol: 0mg (0%), Sodium: 393.41mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 35.71mg (43.29%), Fiber: 3.14g (12.55%), Manganese: 0.21mg (10.31%), Vitamin K: 9.97µg (9.49%), Vitamin E: 1.13mg (7.56%), Potassium: 223.71mg (6.39%), Folate: 24.74µg (6.18%), Vitamin B6: 0.12mg (5.91%), Vitamin A: 253.85IU (5.08%), Vitamin B1: 0.07mg (4.9%), Copper: 0.09mg (4.33%), Magnesium: 15.63mg (3.91%), Iron: 0.64mg (3.56%), Phosphorus: 30.52mg (3.05%), Vitamin B5: 0.31mg (3.05%), Vitamin B2: 0.05mg (2.77%), Vitamin B3: 0.55mg (2.76%), Calcium: 26.85mg (2.68%), Zinc: 0.2mg (1.35%)