



Cranberry Salsa with Cilantro and Chiles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cranberries fresh frozen thawed
- ☐ 4 teaspoons garnish: epazote leaves; pumpkin-seed oil
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1.3 cups spring onion dark chopped (green parts only; 2 bunches)
- ☐ 6 tablespoons juice of lime fresh
- ☐ 0.5 cup pumpkin seeds unsalted shelled (pumpkin seeds)
- ☐ 3 servings sea salt
- ☐ 2 tablespoons serrano chiles minced seeded

☐ 6 tablespoons sugar

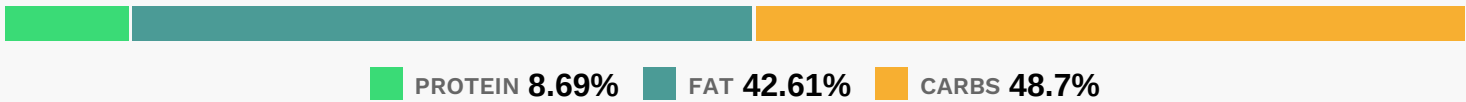
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in skillet over medium heat.
- ☐ Addpepitass; stir until golden, about 1 minute.
- ☐ Transfer to plate; sprinkle with sea salt.
- ☐ Place cranberries in processor. Usingon/off turns, process until finely chopped.
- ☐ Transfer to bowl.
- ☐ Add onions, cilantro,and chiles. Stir sugar and lime juicein another bowl until sugar dissolves.DO AHEAD: Cranberry and lime juicemixtures can be made 4 hours ahead.Cover separately; chill.
- ☐ Add cranberry mixture and pepitass tolime juice mixture; stir to combine.

Nutrition Facts



Properties

Glycemic Index:59.7, Glycemic Load:19.96, Inflammation Score:-9, Nutrition Score:18.205652268037%

Flavonoids

Cyanidin: 30.95mg, Cyanidin: 30.95mg, Cyanidin: 30.95mg, Cyanidin: 30.95mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 32.77mg, Peonidin: 32.77mg, Peonidin: 32.77mg, Peonidin: 32.77mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg, Quercetin: 19.19mg

Nutrients (% of daily need)

Calories: 319.01kcal (15.95%), Fat: 16.11g (24.78%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 35.97g (13.08%), Sugar: 29.02g (32.24%), Cholesterol: 0mg (0%), Sodium: 210.05mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Vitamin K: 114.09µg (108.66%), Manganese: 1.24mg (62.11%), Vitamin C: 32.91mg (39.89%), Magnesium: 127.02mg (31.75%), Phosphorus: 264.58mg (26.46%), Fiber: 5.47g (21.87%), Vitamin A: 951.95IU (19.04%), Copper: 0.36mg (18.03%), Iron: 2.62mg (14.54%), Folate: 48.9µg (12.22%), Potassium: 424.45mg (12.13%), Zinc: 1.82mg (12.1%), Vitamin E: 1.5mg (10.01%), Vitamin B6: 0.15mg (7.7%), Vitamin B3: 1.43mg (7.13%), Vitamin B2: 0.1mg (6.12%), Calcium: 56.78mg (5.68%), Vitamin B5: 0.43mg (4.29%), Vitamin B1: 0.06mg (4.17%), Selenium: 2.44µg (3.49%)