



HEALTH SCORE

60%

Cucumber and Herb Blossom Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup torn nasturtium flowers



0.3 cup basil leaves and flowers



2 tablespoons spearmint leaves and flowers



1 cup chive flowers



1.5 pounds cucumbers cut into 1/2-inch dice



4 servings kosher salt



1 tablespoon juice of lemon fresh



0.8 teaspoon lemon zest finely grated

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon chile red minced seeded

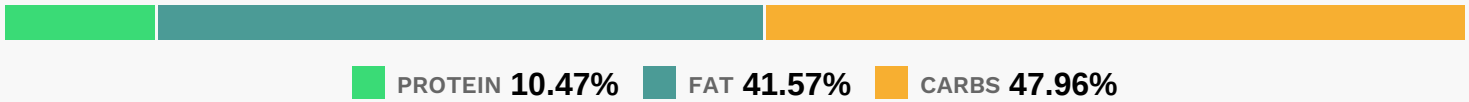
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, toss the cucumbers with the chile and 1/4 teaspoon of salt and let stand for 15 minutes. Stir in the chive flowers, nasturtiums, basil, spearmint, lemon juice, olive oil and lemon zest. Season with salt and serve.
- ☐ Serve With: Grilled fish, chicken or thick slices of peasant bread.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:12.855217389438%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 89.49kcal (4.47%), Fat: 4.31g (6.63%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 6.01g (2.19%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 198.02mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Iron: 34.41mg (191.17%), Vitamin K: 42.05µg (40.05%), Fiber: 5.17g (20.68%), Vitamin C: 15.72mg (19.05%), Potassium: 606.47mg (17.33%), Vitamin A: 711.06IU (14.22%), Magnesium: 56.15mg (14.04%), Manganese: 0.26mg (13.18%), Folate: 38.22µg (9.55%), Phosphorus: 87.73mg (8.77%), Copper: 0.15mg (7.46%), Vitamin B6: 0.13mg (6.45%), Vitamin B5: 0.45mg (4.52%), Calcium: 45.07mg (4.51%), Vitamin B1: 0.06mg (4.21%), Vitamin E: 0.6mg (4.02%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.4mg (2.67%)