

Drunken Fruit Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons mint leaves fresh chopped
- 1 jalapeno seeded finely chopped
- 1 kiwi fruit diced peeled finely
- 1 medium mangos diced peeled finely
- 0.3 cup rum
- 0.8 cup strawberries fresh chopped

Equipment

- bowl

Directions

Stir together mango, strawberries, kiwi, jalapeno, mint, and rum in a glass bowl. Refrigerate for 1 to 3 hours, stirring once or twice.

Nutrition Facts



PROTEIN 6.26% **FAT 6%** **CARBS 87.74%**

Properties

Glycemic Index:31.9, Glycemic Load:3.71, Inflammation Score:-5, Nutrition Score:4.9017390336679%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.48mg, Pelargonidin: 4.48mg, Pelargonidin: 4.48mg, Pelargonidin: 4.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 60.2kcal (3.01%), Fat: 0.28g (0.42%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 7.51g (2.73%), Sugar: 7.07g (7.85%), Cholesterol: 0mg (0%), Sodium: 1.97mg (0.09%), Alcohol: 3.34g (100%), Alcohol %: 5.18% (100%), Protein: 0.65g (1.3%), Vitamin C: 37.77mg (45.78%), Vitamin A: 484.6IU (9.69%), Vitamin K: 8.39µg (7.99%), Manganese: 0.13mg (6.49%), Folate: 25.63µg (6.41%), Fiber: 1.57g (6.26%), Vitamin E: 0.64mg (4.29%), Copper: 0.08mg (3.8%), Potassium: 131mg (3.74%), Vitamin B6: 0.07mg (3.54%), Magnesium: 9.9mg (2.48%), Vitamin B3: 0.42mg (2.08%), Phosphorus: 16.53mg (1.65%), Calcium: 16.31mg (1.63%), Vitamin B2: 0.03mg (1.61%), Iron: 0.26mg (1.44%), Vitamin B1: 0.02mg (1.4%), Vitamin B5: 0.13mg (1.31%)