



Fennel Cucumber Salsa



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 0.5 cup pickled banana peppers diced
- ☐ 1 bunch cilantro leaves chopped
- ☐ 1 cucumber diced english
- ☐ 1 large fennel bulb diced
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 onion red chopped

☐ 4 servings salt and pepper to taste

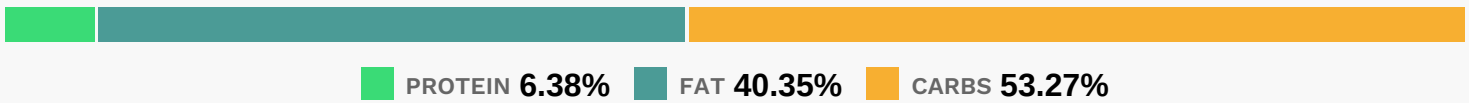
Equipment

☐ bowl

Directions

☐ Combine the cucumber, fennel, avocado, red onion, banana peppers, cilantro, honey, lemon juice, salt, and pepper in a bowl. Allow mixture to sit 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:49.07, Glycemic Load:6.27, Inflammation Score:-6, Nutrition Score:12.719565246416%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 154.32kcal (7.72%), Fat: 7.71g (11.86%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 16.47g (5.99%), Sugar: 13.69g (15.21%), Cholesterol: 0mg (0%), Sodium: 233.24mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin K: 67.32µg (64.11%), Vitamin C: 32.93mg (39.91%), Fiber: 6.43g (25.71%), Potassium: 683.41mg (19.53%), Folate: 72.56µg (18.14%), Manganese: 0.29mg (14.72%), Vitamin B6: 0.27mg (13.46%), Vitamin B5: 1.12mg (11.19%), Vitamin E: 1.58mg (10.52%), Magnesium: 39.69mg (9.92%), Copper: 0.19mg (9.75%), Phosphorus: 84.61mg (8.46%), Vitamin A: 419.11IU (8.38%), Vitamin B3: 1.58mg (7.88%), Vitamin B2: 0.13mg (7.63%), Iron: 1.1mg (6.13%), Vitamin B1: 0.08mg (5.51%), Calcium: 54.79mg (5.48%), Zinc: 0.69mg (4.6%), Selenium: 1.06µg (1.52%)