



 **28%**  
HEALTH SCORE

## Fennel Cucumber Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 avocado diced pitted peeled
- 0.5 cup pepperoncini peppers diced
- 0.5 cup pepperoncini 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

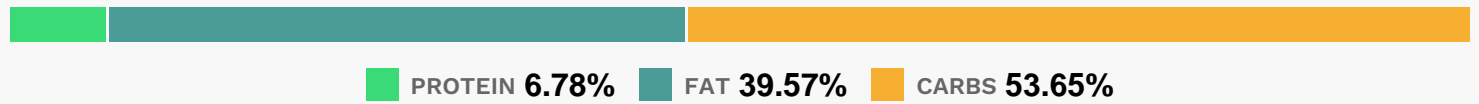
## Equipment

- 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:14.117826145628%

## 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: 158.51kcal (7.93%), Fat: 7.78g (11.96%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 16.77g (6.1%), Sugar: 13.99g (15.55%), Cholesterol: 0mg (0%), Sodium: 235.26mg (10.23%), Alcohol: 0g (100%), Protein: 3g (5.99%), Vitamin K: 68.79µg (65.51%), Vitamin C: 45.75mg (55.45%), Fiber: 6.95g (27.82%), Potassium: 723.09mg (20.66%), Folate: 77.05µg (19.26%), Vitamin B6: 0.32mg (16.22%), Manganese: 0.31mg (15.49%), Vitamin B5: 1.16mg (11.6%), Vitamin E: 1.69mg (11.24%), Magnesium: 42.32mg (10.58%), Copper: 0.21mg (10.48%), Vitamin A: 471.82IU (9.44%), Phosphorus: 89.57mg (8.96%), Vitamin B3: 1.77mg (8.84%), Vitamin B2: 0.14mg (8.13%), Iron: 1.17mg (6.53%), Vitamin B1: 0.1mg (6.35%), Calcium: 56.96mg (5.7%), Zinc: 0.73mg (4.86%), Selenium: 1.11µg (1.59%)