



Fiery Grilled Peach and Habanero Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon scotch bonnet peppers seeded finely chopped
- 1 tablespoon juice of lime fresh
- 1 teaspoon orange zest grated
- 1 pound peaches pitted peeled halved
- 0.5 inch onion red
- 0.5 teaspoon salt
- 1 teaspoon sugar

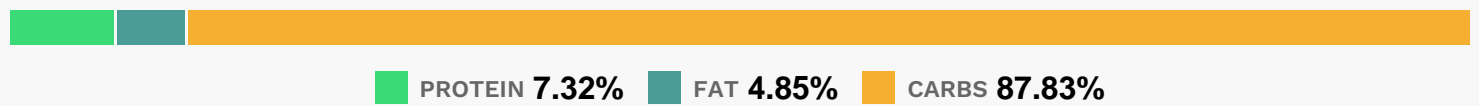
Equipment

- bowl
- grill

Directions

- Prepare grill to medium-high heat.
- Lightly coat peaches and onion with cooking spray.
- Place peaches and onion on grill rack coated with cooking spray; grill peaches 2 minutes on each side. Cool and chop peaches. Grill onion 3 minutes on each side. Cool and chop onion.
- Combine peaches, onion, cilantro, and remaining ingredients in a medium bowl; toss well.
- Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.29, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:0.87391305034575%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epigallocatechin: 0.31mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 14.28kcal (0.71%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3g (1.09%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 81.53mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 2.21mg (2.68%), Vitamin A: 106.37IU (2.13%), Fiber: 0.48g (1.92%), Vitamin E: 0.23mg (1.51%), Vitamin B3: 0.25mg (1.26%), Copper: 0.02mg (1.23%), Potassium: 39.83mg (1.14%), Vitamin K: 1.12µg (1.07%)