



## Fresh Apple Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 pound spartan apple diced peeled
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup cilantro leaves fresh minced
- 1 tablespoon honey
- 1 jalapeno minced seeded
- 0.3 cup juice of lime fresh
- 0.5 cup bell pepper diced red
- 0.3 cup onion diced red

0.3 teaspoon salt

## Equipment

## Directions

Combine all ingredients, stirring well.

## Nutrition Facts



**PROTEIN 3.19%** **FAT 2.59%** **CARBS 94.22%**

## Properties

Glycemic Index:19.94, Glycemic Load:1.95, Inflammation Score:-3, Nutrition Score:1.809565205289%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 25.21kcal (1.26%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 5.77g (2.1%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 49.51mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin C: 13mg (15.75%), Vitamin A: 248.42IU (4.97%), Fiber: 0.95g (3.8%), Vitamin K: 2.3µg (2.19%), Vitamin B6: 0.04mg (2.11%), Potassium: 62.27mg (1.78%), Manganese: 0.03mg (1.59%), Vitamin E: 0.22mg (1.43%), Folate: 5.58µg (1.39%)