



Fresh Cherry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cherries fresh pitted coarsely chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup bell pepper red
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest
- ☐ 0.8 cup nectarines fresh diced
- ☐ 0.3 teaspoon pepper dried red crushed

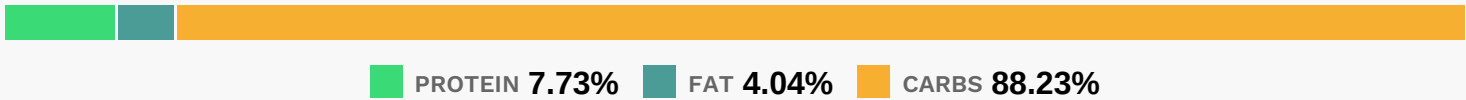
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together red pepper jelly, lime zest, lime juice, and dried crushed red pepper in a small bowl. Stir in cherries, nectarines, cilantro, and chives.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:1.32, Inflammation Score:-4, Nutrition Score:2.5269564751374%

Flavonoids

Cyanidin: 8.57mg, Cyanidin: 8.57mg, Cyanidin: 8.57mg, Cyanidin: 8.57mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 25.86kcal (1.29%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.84g (5.37%), Cholesterol: 0mg (0%), Sodium: 2.93mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 14.69mg (17.8%), Vitamin A: 398.71IU (7.97%), Vitamin K: 5.75µg (5.47%), Fiber: 1g (4.01%), Potassium: 106.43mg (3.04%), Vitamin B6: 0.04mg (2.21%), Manganese: 0.04mg (2.13%), Folate: 7.57µg (1.89%), Vitamin E: 0.25mg (1.68%), Copper: 0.03mg (1.62%), Magnesium: 6.19mg (1.55%), Vitamin B3: 0.27mg (1.33%), Vitamin B2: 0.02mg (1.31%), Phosphorus: 12.66mg (1.27%), Vitamin B1: 0.02mg (1.22%), Iron: 0.21mg (1.18%), Vitamin B5: 0.11mg (1.15%)