

Fresh Cranberry Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cranberries fresh thawed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 0.1 teaspoon ground cumin
- ☐ 3 tablespoons honey
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest

☐ 0.1 teaspoon salt

Equipment

☐ food processor

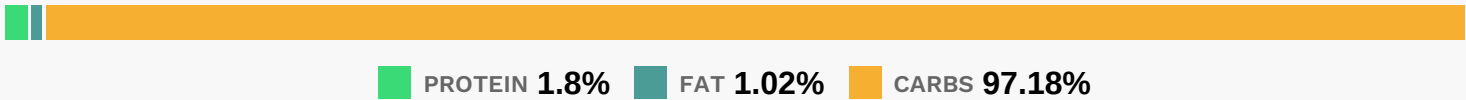
☐ bowl

Directions

☐ Pulse cranberries in a food processor 4 to 5 times or until coarsely chopped.

☐ Transfer to a medium bowl; stir in honey and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:23.03, Glycemic Load:3.31, Inflammation Score:-1, Nutrition Score:1.0243478252188%

Flavonoids

Cyanidin: 6.96mg, Cyanidin: 6.96mg, Cyanidin: 6.96mg, Cyanidin: 6.96mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.37mg, Peonidin: 7.37mg, Peonidin: 7.37mg, Peonidin: 7.37mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 27.36kcal (1.37%), Fat: 0.03g (0.05%), Saturated Fat: Og (0.02%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 6.68g (2.43%), Sugar: 5.93g (6.59%), Cholesterol: Omg (0%), Sodium: 29.97mg (1.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin C: 4.52mg (5.48%), Vitamin K: 3.75µg (3.57%), Manganese: 0.06mg (3.19%), Fiber: 0.64g (2.55%), Vitamin E: 0.26mg (1.74%)