



## Fresh Peach Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

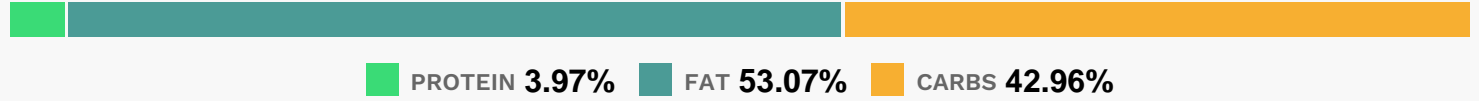
- 2 Tbsp lite balsamic vinaigrette dressing kraft
- 1 Tbsp basil fresh chopped
- 1 large peaches fresh chopped
- 1 tsp jalapeño peppers seeded finely chopped
- 1 Tbsp onions red finely chopped

### Equipment

# Directions

Combine ingredients.

# Nutrition Facts



# Properties

Glycemic Index:18.41, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:0.87913043473078%

# Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

# Nutrients (% of daily need)

Calories: 23.74kcal (1.19%), Fat: 1.44g (2.22%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.25g (0.82%), Sugar: 2.03g (2.26%), Cholesterol: 0mg (0%), Sodium: 36.69mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin K: 3.97µg (3.79%), Vitamin A: 115.16IU (2.3%), Vitamin C: 1.63mg (1.97%), Fiber: 0.37g (1.49%), Manganese: 0.02mg (1.24%), Vitamin E: 0.17mg (1.12%), Copper: 0.02mg (1.05%)