



Fresh Peach Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



9

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups peaches fresh thawed chopped ()
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 tablespoons grapefruit juice
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 Dash salt

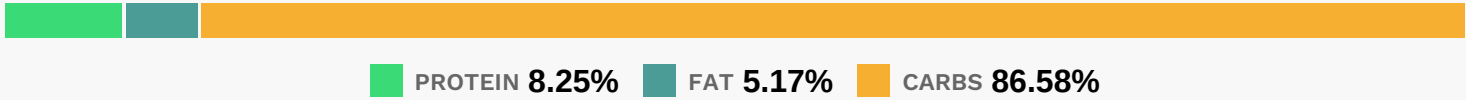
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients in glass or plastic bowl.
- ☐ Cover and refrigerate at least 1 hour to blend flavors.

Nutrition Facts



Properties

Glycemic Index:20.47, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:1.6956521648428%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 17.42kcal (0.87%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.54g (1.29%), Sugar: 3.44g (3.83%), Cholesterol: 0mg (0%), Sodium: 9.22mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 7.86mg (9.53%), Vitamin A: 257.68IU (5.15%), Vitamin K: 4.13µg (3.93%), Fiber: 0.64g (2.56%), Vitamin E: 0.32mg (2.16%), Potassium: 59.8mg (1.71%), Vitamin B3: 0.33mg (1.67%), Copper: 0.03mg (1.43%), Manganese: 0.03mg (1.39%), Folate: 4.9µg (1.23%), Vitamin B6: 0.02mg (1.07%), Selenium: 0.73µg (1.04%)