



Fresh Peach Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 teaspoon juice of lemon
- ☐ 2.5 pounds peaches diced peeled
- ☐ 0.3 cup onion diced red
- ☐ 2 tablespoons rice vinegar

Equipment

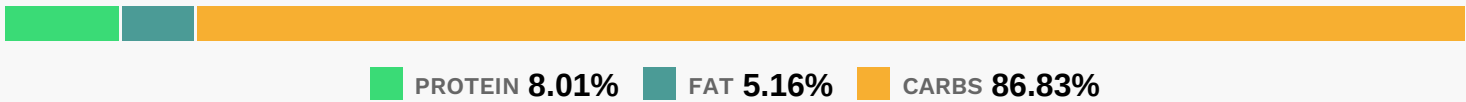
☐ bowl

Directions

☐ Combine all ingredients in a bowl, and stir well. Cover and chill.

☐ Serve with pork tenderloin.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:5.07, Inflammation Score:-5, Nutrition Score:4.0660869168199%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg, Epigallocatechin: 1.47mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 63.52kcal (3.18%), Fat: 0.4g (0.61%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 12.8g (4.66%), Sugar: 12.2g (13.56%), Cholesterol: 0mg (0%), Sodium: 18.88mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 8.79mg (10.66%), Vitamin A: 489.23IU (9.78%), Fiber: 2.28g (9.11%), Vitamin E: 1.11mg (7.38%), Vitamin B3: 1.18mg (5.88%), Copper: 0.12mg (5.75%), Potassium: 187.63mg (5.36%), Manganese: 0.1mg (5.19%), Vitamin K: 4.94µg (4.7%), Selenium: 3.08µg (4.41%), Phosphorus: 33.95mg (3.4%), Magnesium: 12.32mg (3.08%), Iron: 0.51mg (2.82%), Vitamin B2: 0.05mg (2.78%), Vitamin B6: 0.05mg (2.72%), Folate: 10.16µg (2.54%), Vitamin B1: 0.04mg (2.54%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.34mg (2.28%)