

Fresh Peach Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 6 large peaches firm peeled chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

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1 large onion sweet chopped

Equipment

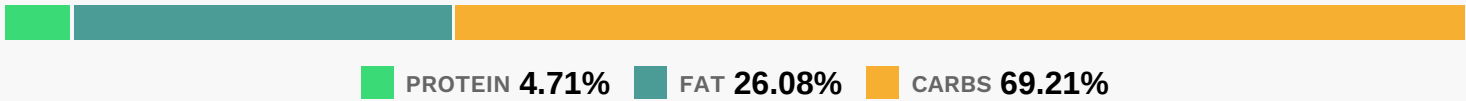
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frying pan

Directions

- ☐ Saut first 4 ingredients in hot oil in a large skillet over medium heat 5 minutes or until onion is tender. Stir in peaches and remaining ingredients, and cook, stirring gently, 5 minutes.
- ☐ Serve warm or at room temperature. Store leftovers in an airtight container in the refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:9.47, Glycemic Load:3.59, Inflammation Score:-3, Nutrition Score:1.9908695661503%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 50.79kcal (2.54%), Fat: 1.58g (2.43%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 8.44g (3.07%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 37.43mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 5mg (6.06%), Vitamin E: 0.62mg (4.14%), Fiber: 0.98g (3.92%), Vitamin A: 181.74IU (3.63%), Copper: 0.05mg (2.64%), Potassium: 91.81mg (2.62%), Vitamin K: 2.72µg (2.59%), Manganese: 0.05mg (2.38%), Vitamin B3: 0.46mg (2.31%), Vitamin B6: 0.04mg (2.01%), Folate: 7.86µg (1.96%), Selenium: 1.21µg (1.73%), Phosphorus: 16.7mg (1.67%), Magnesium: 6.29mg (1.57%), Vitamin B1: 0.02mg

(1.37%), Iron: 0.24mg (1.33%), Vitamin B2: 0.02mg (1.25%), Vitamin B5: 0.1mg (1.04%)