



Fresh Vegetable Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cucumber diced peeled seeded
- 0.1 teaspoon garlic salt
- 1 teaspoon juice of lemon
- 1 tablespoon olive oil
- 2 tablespoons purple onion diced
- 0.5 teaspoon red wine vinegar
- 1 medium tomatoes diced peeled seeded
- 0.5 cup zucchini diced

Equipment

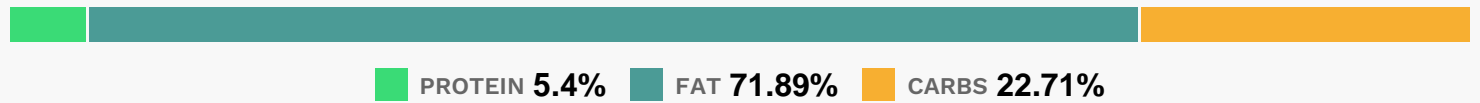
bowl

Directions

Stir together all ingredients in a bowl; cover and chill.

Drain before serving.

Nutrition Facts



Properties

Glycemic Index:13.57, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:1.4673913093689%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 24.86kcal (1.24%), Fat: 2.08g (3.21%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.95g (1.06%), Cholesterol: 0mg (0%), Sodium: 43.49mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 4.79mg (5.8%), Vitamin K: 3.67µg (3.49%), Vitamin A: 171.02IU (3.42%), Vitamin E: 0.4mg (2.65%), Potassium: 82.76mg (2.36%), Manganese: 0.05mg (2.33%), Vitamin B6: 0.04mg (1.85%), Folate: 6.78µg (1.69%), Fiber: 0.42g (1.67%), Magnesium: 5.01mg (1.25%), Copper: 0.02mg (1.16%), Phosphorus: 10.49mg (1.05%)