



Fresh Watermelon Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cucumbers chopped
- 2 Tbsp cilantro leaves fresh chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup onions red chopped
- 2 tsp serrano chiles minced
- 1.5 cups watermelon chopped

Equipment

Directions

Mix ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:9.91, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:0.73652173449164%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 12.56kcal (0.63%), Fat: 0.46g (0.7%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 20.06mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin C: 2.05mg (2.49%), Vitamin A: 99.78IU (2%), Vitamin K: 1.97µg (1.88%), Potassium: 39.61mg (1.13%), Manganese: 0.02mg (1.02%), Vitamin B6: 0.02mg (1.02%)