



## Fruit Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 avocado pitted peeled
- 2 jalapeño chile peppers
- 1 bunch cilantro leaves
- 4 servings garlic salt to taste
- 2 kiwis peeled sliced
- 1 cranberry-orange relish peeled
- 1 onion red coarsely chopped
- 1 tomatoes

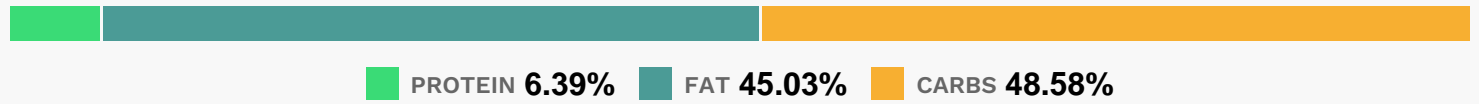
## Equipment

- food processor
- bowl

## Directions

- In a food processor, place tomato, orange, kiwis, red onion, avocado, cilantro and jalapeno chile peppers. Process using pulse setting until finely chopped but not quite smooth.
- Transfer to a medium bowl, and garnish with desired amount of garlic salt.

## Nutrition Facts



## Properties

Glycemic Index:66.04, Glycemic Load:5.28, Inflammation Score:-7, Nutrition Score:13.193912897421%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.23mg, Naringenin: 5.23mg, Naringenin: 5.23mg, Naringenin: 5.23mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

## Nutrients (% of daily need)

Calories: 141.21kcal (7.06%), Fat: 7.75g (11.93%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 12.21g (4.44%), Sugar: 9.76g (10.85%), Cholesterol: 0mg (0%), Sodium: 203.35mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin C: 71.53mg (86.7%), Vitamin K: 38.92µg (37.07%), Fiber: 6.61g (26.43%), Folate: 75.32µg (18.83%), Potassium: 533.93mg (15.26%), Vitamin E: 2.16mg (14.42%), Vitamin B6: 0.27mg (13.32%), Vitamin A: 653.76IU (13.08%), Manganese: 0.21mg (10.52%), Copper: 0.21mg (10.4%), Vitamin B5: 0.96mg (9.58%), Magnesium: 32.83mg (8.21%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.1mg (6.84%), Vitamin B2: 0.11mg (6.54%), Phosphorus: 64.32mg (6.43%), Calcium: 46.76mg (4.68%), Zinc: 0.53mg (3.52%), Iron: 0.61mg (3.41%)