



Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup cantaloupe diced



1 cup cucumber diced peeled seeded



3 tablespoons cilantro leaves fresh chopped



0.3 teaspoon ground pepper black



2 tablespoons jalapeno minced



0.3 cup juice of lime fresh



0.5 cup onion red chopped



1 teaspoons salt

- ☐ 2.5 cups tomatoes diced seeded
- ☐ 10 servings tortilla chips
- ☐ 1 cup watermelon diced

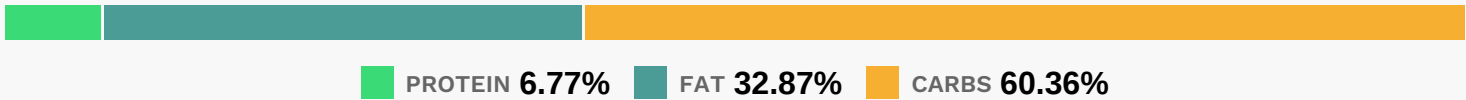
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 10 ingredients in a bowl; cover and chill 1 hour.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:31.82, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:6.0599999531456%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 156.2kcal (7.81%), Fat: 5.97g (9.18%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 22.16g (8.06%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 332.06mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin A: 992.21IU (19.84%), Vitamin C: 14.5mg (17.58%), Vitamin K: 11.28µg (10.74%), Fiber: 2.5g (10%), Vitamin E: 1.34mg (8.9%), Magnesium: 34.67mg (8.67%), Phosphorus: 83.21mg (8.32%), Potassium: 227.01mg (6.49%), Vitamin B6: 0.12mg (6.24%), Vitamin B1: 0.08mg (5.1%), Vitamin B5: 0.48mg (4.75%), Manganese: 0.09mg (4.32%), Copper: 0.09mg (4.29%), Folate: 16.52µg (4.13%), Calcium: 41.26mg (4.13%), Zinc: 0.58mg (3.88%), Iron: 0.69mg (3.84%), Vitamin B3: 0.66mg (3.29%), Vitamin B2: 0.04mg (2.53%), Selenium: 1.64µg (2.34%)