



Garden Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cucumber diced
- 0.5 cup radishes halved thinly sliced
- 1 cup salsa fresh jarred

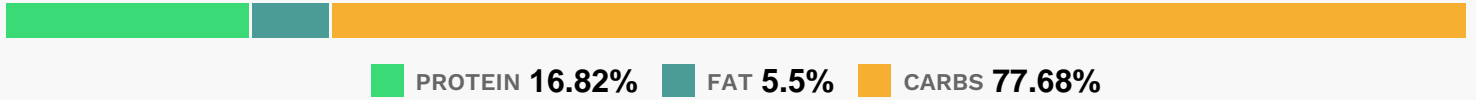
Equipment

Directions

- Combine the salsa , cucumber, and radishes.

Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.5639130473137%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Nutrients (% of daily need)

Calories: 11.58kcal (0.58%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.86g (0.68%), Sugar: 1.49g (1.65%), Cholesterol: 0mg (0%), Sodium: 216.19mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Vitamin B6: 0.07mg (3.33%), Vitamin A: 162.49IU (3.25%), Potassium: 112.05mg (3.2%), Fiber: 0.76g (3.04%), Vitamin E: 0.4mg (2.66%), Manganese: 0.05mg (2.39%), Vitamin C: 1.96mg (2.37%), Vitamin K: 2.06µg (1.96%), Vitamin B3: 0.39mg (1.93%), Magnesium: 6.6mg (1.65%), Copper: 0.03mg (1.53%), Phosphorus: 13.6mg (1.36%), Calcium: 12.08mg (1.21%), Folate: 4.28µg (1.07%)