



Ginger Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



12

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cantaloupe coarsely chopped
- ☐ 0.5 cup cranberries dried (such as Craisins)
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup pineapple fresh chopped

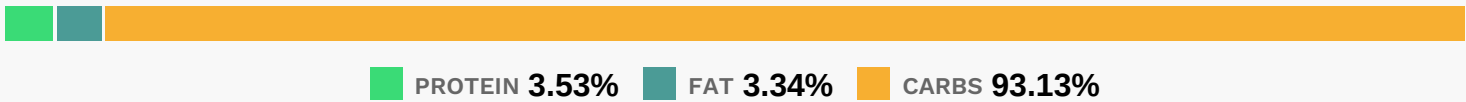
Equipment

bowl

Directions

- Combine all ingredients in a medium bowl, tossing gently.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:1.96, Inflammation Score:-5, Nutrition Score:2.5495652193608%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 30.91kcal (1.55%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.29g (2.65%), Sugar: 6.71g (7.46%), Cholesterol: 0mg (0%), Sodium: 6.76mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin A: 736.93IU (14.74%), Vitamin C: 11.42mg (13.84%), Manganese: 0.16mg (8.09%), Fiber: 0.74g (2.95%), Copper: 0.04mg (1.99%), Folate: 7.18µg (1.79%), Potassium: 60.36mg (1.72%), Vitamin B6: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.55%), Magnesium: 5.6mg (1.4%), Vitamin B3: 0.27mg (1.35%), Vitamin K: 1.24µg (1.18%), Vitamin E: 0.16mg (1.1%), Iron: 0.19mg (1.05%)