



## Ginger-Nectarine Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 cup golden raisins
- ☐ 0.5 cup spring onion finely chopped
- ☐ 2.7 cups nectarines chopped
- ☐ 0.3 teaspoon salt

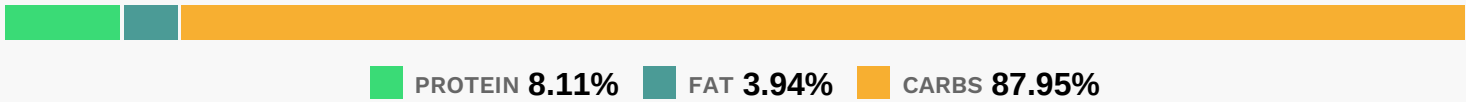
# Equipment

☐ bowl

# Directions

☐ Combine all ingredients in a medium bowl; toss well. Cover and chill at least 1 hour.

# Nutrition Facts



# Properties

Glycemic Index:12.43, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:0.96565216990269%

# Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

# Nutrients (% of daily need)

Calories: 14.07kcal (0.7%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.03%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3g (1.09%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 32.23mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Vitamin K: 5.66µg (5.39%), Vitamin A: 88.37IU (1.77%), Fiber: 0.43g (1.73%), Potassium: 46.85mg (1.34%), Vitamin C: 1.1mg (1.33%), Manganese: 0.03mg (1.29%), Copper: 0.03mg (1.25%), Vitamin B3: 0.25mg (1.24%)