

Grape Salsa!

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



8

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup grapes black seedless quartered
- 0.3 serrano chile pepper minced
- 1 teaspoon garlic minced
- 1 cup grapes green seedless quartered
- 2 pinches ground cinnamon
- 1 pinch ground cloves
- 8 servings salt and ground pepper black to taste
- 1 cup grapes red seedless quartered

1 roma tomatoes chopped (plum)

0.3 onion sweet chopped

Equipment

bowl

Directions

Combine red grapes, green grapes, black grapes, roma tomatoes, onion, serrano chile pepper, garlic, cinnamon, cloves, salt, and black pepper in a large bowl. Cover and refrigerate for 3 hours before serving.

Nutrition Facts

 **PROTEIN 5.19%** **FAT 3.85%** **CARBS 90.96%**

Properties

Glycemic Index:32, Glycemic Load:4.87, Inflammation Score:-2, Nutrition Score:3.6121739460074%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 49.13kcal (2.46%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 10.59g (3.85%), Sugar: 6.59g (7.32%), Cholesterol: 0mg (0%), Sodium: 2.43mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Manganese: 0.7mg (34.88%), Fiber: 1.86g (7.43%), Vitamin K: 6.44µg (6.14%), Copper: 0.1mg (4.85%), Potassium: 167.42mg (4.78%), Vitamin C: 2.98mg (3.61%), Vitamin B6: 0.06mg (2.92%), Vitamin B1: 0.03mg (2.28%), Magnesium: 9.05mg (2.26%), Vitamin A: 112.49IU (2.25%), Calcium: 21.29mg (2.13%), Phosphorus: 20.28mg (2.03%), Vitamin B2: 0.03mg (1.81%), Iron: 0.3mg (1.67%), Folate: 4.98µg (1.24%)