



Jezebel Apple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple jelly
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups granny smith apples diced
- ☐ 1.8 teaspoons horseradish prepared
- ☐ 4.5 teaspoons juice of lime fresh
- ☐ 1.5 teaspoons lime zest
- ☐ 0.8 cup mangos fresh diced

- ☐ 0.5 cup bell pepper diced red
- ☐ 0.3 cup onion diced red
- ☐ 0.1 teaspoon pepper dried red crushed

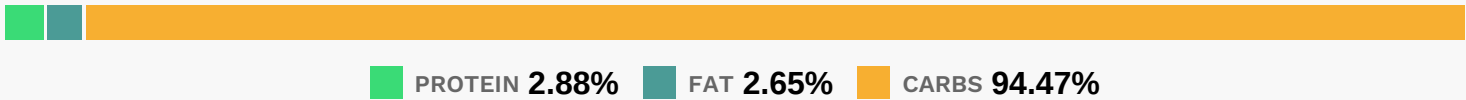
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a medium bowl. Stir in apples and next 4 ingredients.

Nutrition Facts



Properties

Glycemic Index:19.78, Glycemic Load:3.45, Inflammation Score:-3, Nutrition Score:1.7860869337683%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 33.1kcal (1.65%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.51g (2.73%), Sugar: 6.05g (6.73%), Cholesterol: 0mg (0%), Sodium: 5.33mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Vitamin C: 11.64mg (14.11%), Vitamin A: 283.65IU (5.67%), Fiber: 0.81g (3.24%), Folate: 8.41µg (2.1%), Vitamin K: 2.11µg (2.01%), Vitamin B6: 0.04mg (1.93%), Potassium: 57.54mg (1.64%), Vitamin E: 0.21mg (1.41%), Manganese: 0.03mg (1.35%), Copper: 0.02mg (1.18%), Vitamin B2:

0.02mg (1.07%)