



 **35%**
HEALTH SCORE

Katchumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

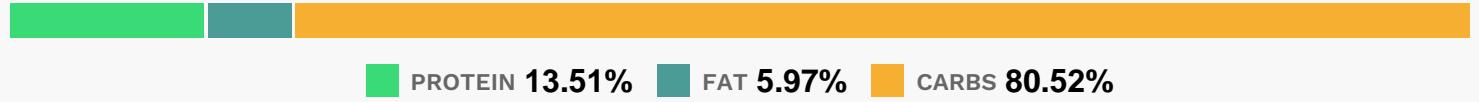
- 1 tablespoon cilantro leaves fresh minced
- 2 bell pepper green coarsely chopped
- 2 tablespoons juice of lemon fresh
- 1 onion coarsely chopped
- 0.3 teaspoon pepper freshly ground
- 2 tomatoes coarsely chopped

Equipment

Directions

- Combine first 5 ingredients; toss gently. Cover and chill 1 hour.
- Sprinkle with pepper; toss gently.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.39, Inflammation Score:-7, Nutrition Score:7.6721739807855%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 35.96kcal (1.8%), Fat: 0.27g (0.42%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 6.05g (2.2%), Sugar: 4.4g (4.89%), Cholesterol: 0mg (0%), Sodium: 6.11mg (0.27%), Alcohol: 0g (100%), Protein: 1.4g (2.79%), Vitamin C: 61.23mg (74.22%), Vitamin A: 740.88IU (14.82%), Vitamin B6: 0.22mg (10.97%), Manganese: 0.2mg (9.77%), Vitamin K: 9.89µg (9.42%), Fiber: 2.27g (9.1%), Potassium: 299.94mg (8.57%), Folate: 21.98µg (5.5%), Vitamin B1: 0.07mg (4.75%), Copper: 0.09mg (4.47%), Magnesium: 16.15mg (4.04%), Vitamin E: 0.57mg (3.82%), Phosphorus: 35.48mg (3.55%), Vitamin B3: 0.69mg (3.46%), Iron: 0.45mg (2.48%), Vitamin B2: 0.04mg (2.19%), Calcium: 19.5mg (1.95%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.23mg (1.56%)