



## Kiwi Fruit Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup balsamic vinegar
- 1 banana peeled chopped
- 4 kiwis peeled chopped
- 1 onion spanish finely chopped
- 2 oranges peeled seeded chopped
- 1 serrano chiles chopped

### Equipment

- sauce pan

## Directions

- Heat 1/2 balsamic vinegar in a medium saucepan over medium high heat. Slowly cook and stir onion until soft. Stir in banana. Use remaining balsamic vinegar as needed to keep the mixture moist. Stir in oranges, kiwis and serrano pepper. Cook and stir until all ingredients are soft.

## Nutrition Facts

PROTEIN 5.7% FAT 3.08% CARBS 91.22%

## Properties

Glycemic Index:28.37, Glycemic Load:8.57, Inflammation Score:-5, Nutrition Score:7.0156522652377%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## Nutrients (% of daily need)

Calories: 88.7kcal (4.43%), Fat: 0.31g (0.47%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 17.56g (6.39%), Sugar: 14.33g (15.92%), Cholesterol: 0mg (0%), Sodium: 10.38mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin C: 54.05mg (65.51%), Vitamin K: 18.55µg (17.67%), Fiber: 2.8g (11.18%), Manganese: 0.15mg (7.67%), Potassium: 260.23mg (7.44%), Folate: 27.39µg (6.85%), Vitamin B6: 0.12mg (6.09%), Copper: 0.1mg (5.09%), Magnesium: 19.9mg (4.98%), Vitamin E: 0.67mg (4.49%), Calcium: 41.61mg (4.16%), Vitamin B1: 0.05mg (3.47%), Phosphorus: 33.64mg (3.36%), Vitamin A: 130.01IU (2.6%), Iron: 0.45mg (2.47%), Vitamin B2: 0.04mg (2.33%), Vitamin B5: 0.23mg (2.33%), Vitamin B3: 0.39mg (1.93%), Zinc: 0.16mg (1.06%)