



Kiwi Fruit Salsa Verde



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon fresno chili fresh red minced
- ☐ 0.3 cup lightly cilantro fresh packed
- ☐ 2 kiwi fruit
- ☐ 1 tablespoon juice of lime

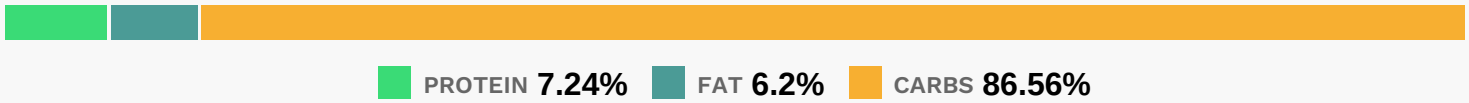
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐
- Peel 2 kiwi fruit (about 7 oz. total).
- ☐
- Cut 1 kiwi fruit into 1/4-inch chunks and place in a bowl. In a blender or food processor, combine remaining kiwi fruit, cut into chunks, 1/4 cup lightly packed fresh cilantro, and 1 tablespoon lime juice. Whirl until pured; mix with fruit in bowl. Stir in 1 tablespoon minced fresh red jalapeo or Fresno chili and salt to taste.
- ☐
- If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:32.42, Glycemic Load:2.76, Inflammation Score:-3, Nutrition Score:4.8039130095554%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 29.06kcal (1.45%), Fat: 0.22g (0.35%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.59g (2.03%), Sugar: 4.36g (4.85%), Cholesterol: 0mg (0%), Sodium: 3.15mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 40.77mg (49.42%), Vitamin K: 21.98µg (20.94%), Fiber: 1.46g (5.86%), Vitamin E: 0.65mg (4.34%), Copper: 0.07mg (3.45%), Folate: 13.69µg (3.42%), Potassium: 111.76mg (3.19%), Vitamin A: 144.64IU (2.89%), Manganese: 0.06mg (2.83%), Vitamin B6: 0.05mg (2.48%), Magnesium: 8.7mg (2.18%), Phosphorus: 18.09mg (1.81%), Calcium: 17.65mg (1.76%), Vitamin B3: 0.23mg (1.16%), Vitamin B1: 0.02mg (1.11%), Vitamin B5: 0.1mg (1.01%)