



Kiwi Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



6

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 kiwifruit ripe peeled chopped
- ☐ 0.3 cup pomegranate seeds (arils)
- ☐ 0.5 avocado peeled chopped (see how to cut and peel an avocado)
- ☐ 1 tablespoon green onion thinly sliced
- ☐ 1 tablespoon pickled jalapeño chili peppers fresh chopped to taste (adjust) (no seeds)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon olive oil extra virgin
- ☐ 6 servings salt and pepper to taste

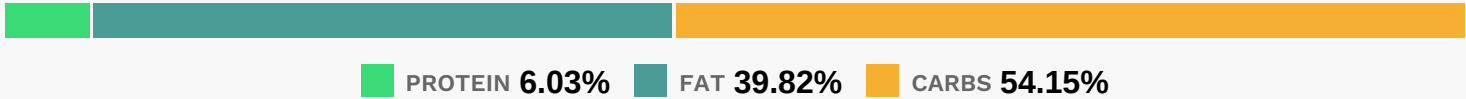
Equipment

☐ bowl

Directions

- ☐ Place the kiwifruit, pomegranate seeds, avocado, green onion and olive oil in a medium sized bowl.
- ☐ Starting with just a teaspoon of chopped jalapeño, gently fold in and add more to your desired level of heat.
- ☐ Add cilantro.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:37.28, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:7.1469564088013%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 73.08kcal (3.65%), Fat: 3.55g (5.47%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 7.38g (2.68%), Sugar: 6.17g (6.86%), Cholesterol: 0mg (0%), Sodium: 199.89mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin C: 37.34mg (45.26%), Vitamin K: 28.32µg (26.97%), Vitamin A: 731.3IU (14.63%), Fiber: 3.5g (13.98%), Vitamin E: 1.16mg (7.73%), Folate: 29.93µg (7.48%), Potassium: 236.69mg (6.76%), Copper: 0.11mg (5.52%), Manganese: 0.1mg (4.96%), Vitamin B6: 0.1mg (4.83%), Vitamin B2: 0.07mg (3.96%), Magnesium: 15.35mg (3.84%), Vitamin B5: 0.37mg (3.66%), Vitamin B3: 0.7mg (3.5%), Phosphorus: 30.96mg (3.1%), Iron: 0.39mg (2.18%), Calcium: 20.62mg (2.06%), Vitamin B1: 0.03mg (2.05%), Zinc:

0.22mg (1.5%)