



Kumquat Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

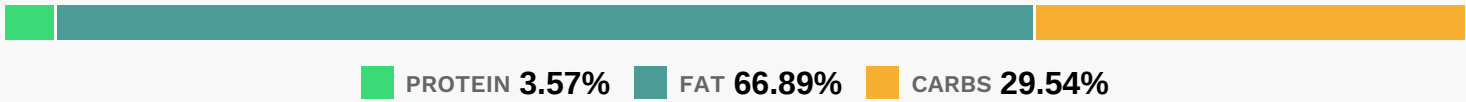
- ☐ 2 cups kumquats cleaned thinly sliced chopped
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 Dash cayenne pepper
- ☐ 1 pinch kosher salt

Equipment

Directions

- ☐ Combine all ingredients.
- ☐ Add more or less red pepper and cayenne to desired heat.
- ☐ Let sit for 1 hour for the flavors to more fully blend.
- ☐ Great served with steak or seafood such as halibut, black sea bass, or salmon.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.0130434923846%

Flavonoids

Naringenin: 12.97mg, Naringenin: 12.97mg, Naringenin: 12.97mg, Naringenin: 12.97mg Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 56.64kcal (2.83%), Fat: 4.41g (6.79%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 2.75g (1%), Sugar: 2.46g (2.74%), Cholesterol: 0mg (0%), Sodium: 7.55mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 10.63mg (12.88%), Fiber: 1.64g (6.55%), Vitamin E: 0.67mg (4.48%), Vitamin K: 3.86µg (3.68%), Vitamin A: 111.68IU (2.23%), Manganese: 0.04mg (2.18%), Calcium: 16.34mg (1.63%), Potassium: 57.02mg (1.63%), Folate: 5.63µg (1.41%), Iron: 0.25mg (1.4%), Vitamin B2: 0.02mg (1.39%), Magnesium: 5.51mg (1.38%), Copper: 0.03mg (1.3%)