



Maine Wild Blueberry Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blueberries wild fresh
- 2 tablespoons flat parsley italian chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 medium heirloom tomatoes
- 1 jalapeno finely chopped
- 2 tablespoons olive oil
- 0.5 hungarian pepper hot finely chopped

- 2 tablespoons rice vinegar
- 8 servings salt and pepper to taste
- 0.8 cup onion sweet chopped

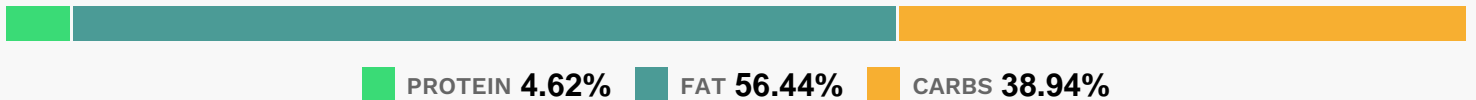
Equipment

- bowl
- pot

Directions

- Bring a pot of water to a boil. Score the skin of the tomatoes by slicing an X into the skin on the bottom. Immerse the tomatoes in boiling water for about 15 seconds.
- Remove and place into a bowl of cold water. The skins should slip off easily. Peel the tomatoes, cut in half and remove the seeds. Chop the tomatoes and discard the seeds.
- In a medium bowl, combine the tomatoes, blueberries, onion, garlic, jalapeno pepper, Hungarian pepper, cilantro and parsley.
- Pour in the rice vinegar and olive oil and stir gently to mix. Season with salt and pepper. Cover and store in the refrigerator overnight to allow the flavors to blend. You may wish to drain the salsa slightly before serving, depending on how juicy your tomatoes are.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:4.0634783286115%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 55.67kcal (2.78%), Fat: 3.67g (5.64%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.6g (1.67%), Sugar: 3.64g (4.05%), Cholesterol: 0mg (0%), Sodium: 197.9mg (8.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin K: 25.59µg (24.37%), Vitamin C: 14.44mg (17.5%), Vitamin A: 402.98IU (8.06%), Manganese: 0.13mg (6.64%), Vitamin E: 0.87mg (5.81%), Fiber: 1.09g (4.36%), Vitamin B6: 0.09mg (4.28%), Potassium: 127.59mg (3.65%), Folate: 11.9µg (2.97%), Copper: 0.05mg (2.29%), Vitamin B1: 0.03mg (1.97%), Magnesium: 7.51mg (1.88%), Vitamin B3: 0.36mg (1.78%), Phosphorus: 17.25mg (1.72%), Iron: 0.31mg (1.7%), Vitamin B2: 0.02mg (1.3%), Calcium: 10.99mg (1.1%)