



Melon-Pineapple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 cups cantaloupe diced firm ripe



1 tablespoon ginger fresh grated



0.3 cup mint leaves fresh chopped



1 small jalapeno minced seeded



2 tablespoons juice of lime



2 tablespoons olive oil



2 cups pineapple fresh diced



1 bell pepper diced red seeded

- ☐ 0.5 onion diced red
- ☐ 8 servings salt and pepper

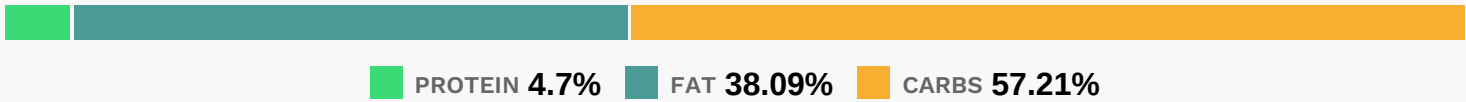
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix melon, pineapple, bell pepper, onion, ginger, jalapeo and lemon or lime juice. Stir well, cover and chill for at least 30 minutes or up to 6 hours. Just before serving, stir in mint and oil and season with salt and pepper.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:6.18, Inflammation Score:-9, Nutrition Score:8.9721740276917%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 81.71kcal (4.09%), Fat: 3.74g (5.75%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 10.95g (3.98%), Sugar: 9.86g (10.95%), Cholesterol: 0mg (0%), Sodium: 213.82mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin C: 49.5mg (60%), Vitamin A: 2599.48IU (51.99%), Manganese: 0.45mg (22.7%), Fiber: 1.68g (6.72%), Vitamin B6: 0.13mg (6.69%), Folate: 26.52µg (6.63%), Potassium: 201.02mg (5.74%), Vitamin E: 0.85mg (5.68%), Copper: 0.11mg (5.51%), Vitamin B1: 0.08mg (5.08%), Vitamin K: 5.12µg (4.88%), Magnesium: 17.29mg (4.32%), Vitamin B3: 0.83mg (4.17%), Iron: 0.53mg (2.95%), Vitamin B2: 0.05mg (2.93%), Zinc: 0.39mg (2.58%), Vitamin B5: 0.22mg (2.23%), Phosphorus: 21.67mg (2.17%), Calcium: 17.83mg (1.78%), Selenium: 1.13µg (1.61%)