



Melon Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves roughly chopped
- ☐ 1 cup cucumber diced ()
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime
- ☐ 2 cups red-fleshed papayas diced such as charentais (1/4- to 1/2-in. cubes)
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 serrano chiles stemmed halved sliced
- ☐ 1 tablespoon vegetable oil

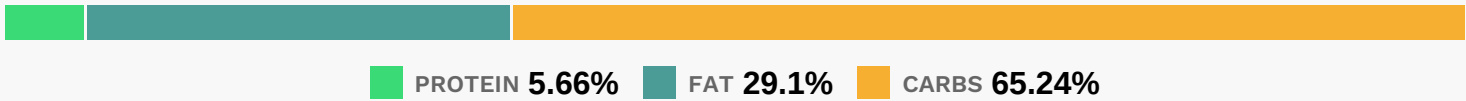
Equipment

☐ bowl

Directions

- ☐ Mix all ingredients together in a medium bowl.
- ☐ Make ahead: Up to 1 day, covered and chilled.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:3.6691303684012%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 10.75mg, Hesperetin: 10.75mg, Hesperetin: 10.75mg, Hesperetin: 10.75mg Naringenin: 3.38mg, Naringenin: 3.38mg, Naringenin: 3.38mg, Naringenin: 3.38mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 41.51kcal (2.08%), Fat: 1.47g (2.26%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.65g (5.17%), Cholesterol: 0mg (0%), Sodium: 234.13mg (10.18%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.64g (1.29%), Vitamin C: 30.82mg (37.35%), Vitamin K: 6.07µg (5.78%), Fiber: 1.33g (5.33%), Folate: 20.55µg (5.14%), Vitamin A: 188.47IU (3.77%), Potassium: 119.63mg (3.42%), Vitamin B6: 0.06mg (2.98%), Vitamin B1: 0.04mg (2.8%), Calcium: 25.42mg (2.54%), Magnesium: 8.31mg (2.08%), Manganese: 0.04mg (1.98%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.18mg (1.77%), Copper: 0.04mg (1.75%), Phosphorus: 17.25mg (1.73%), Vitamin E: 0.22mg (1.48%), Vitamin B3: 0.24mg (1.2%)