



Minted Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ginger fresh minced
- ☐ 1.5 tablespoons mint leaves fresh chopped
- ☐ 1 cup granny smith apples diced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup mangos diced
- ☐ 4 servings garnish: mint sprigs fresh
- ☐ 2 tablespoons orange marmalade
- ☐ 1 cup strawberries diced

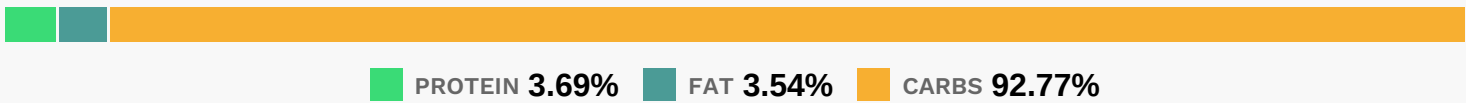
Equipment

☐ bowl

Directions

- ☐ Stir together first 7 ingredients in a bowl; cover and chill 2 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:4.83, Inflammation Score:-6, Nutrition Score:5.6699999933657%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 80.47kcal (4.02%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 18.27g (6.64%), Sugar: 16.73g (18.59%), Cholesterol: 0mg (0%), Sodium: 7.72mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin C: 40.16mg (48.68%), Vitamin A: 597.72IU (11.95%), Manganese: 0.21mg (10.68%), Fiber: 2.45g (9.82%), Folate: 31.92µg (7.98%), Potassium: 184.34mg (5.27%), Copper: 0.09mg (4.61%), Vitamin B6: 0.09mg (4.33%), Vitamin E: 0.55mg (3.65%), Magnesium: 13.38mg (3.35%),

Vitamin K: 3.23µg (3.08%), Vitamin B3: 0.51mg (2.53%), Vitamin B2: 0.04mg (2.51%), Calcium: 23.56mg (2.36%),
Iron: 0.42mg (2.33%), Phosphorus: 21.05mg (2.1%), Vitamin B1: 0.03mg (1.96%), Vitamin B5: 0.16mg (1.62%)