



Nectarine and Radish Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cucumber chopped
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.3 cups nectarines diced ()
- ☐ 1.5 cups radishes halved lengthwise thinly sliced
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sugar

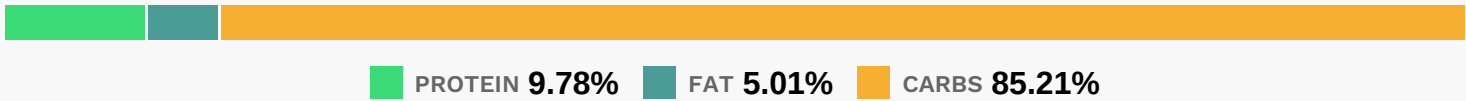
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; toss well.
- ☐ Let the salsa mixture stand 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:1.2904347790324%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 17.02kcal (0.85%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.25g (1.18%), Sugar: 3.12g (3.47%), Cholesterol: 0mg (0%), Sodium: 57.87mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 3.73mg (4.52%), Fiber: 0.74g (2.94%), Potassium: 82.88mg (2.37%), Vitamin A: 95.84IU (1.92%), Copper: 0.03mg (1.75%), Vitamin B3: 0.34mg (1.73%), Folate: 6.78µg (1.69%), Manganese: 0.03mg (1.66%), Magnesium: 4.97mg (1.24%), Vitamin B6: 0.02mg (1.22%), Phosphorus: 12.18mg (1.22%), Vitamin K: 1.2µg (1.14%), Vitamin E: 0.17mg (1.13%)