



New West Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber chopped
- ☐ 2.5 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup corn kernels fresh
- ☐ 1 cup apples i use 2 granny smith apples chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon jalapeno seeded chopped

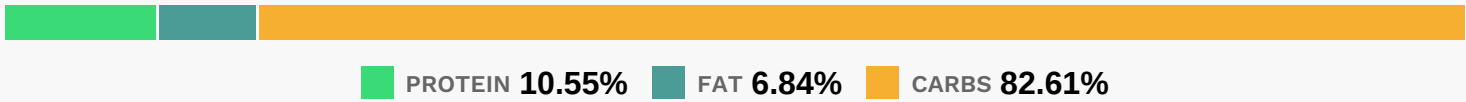
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 2 cups plum tomatoes chopped (3 tomatoes)
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 cup onion red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons sugar

Equipment

Directions

- ☐ Combine all ingredients, stirring well to combine.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:98.02, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:10.756521687559%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 78.44kcal (3.92%), Fat: 0.67g (1.03%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 14.67g (5.33%), Sugar: 11.43g (12.69%), Cholesterol: 0mg (0%), Sodium: 448.78mg (19.51%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 51.37mg (62.26%), Vitamin A: 1755.26IU (35.11%), Vitamin K: 27.09µg (25.8%), Fiber: 3.57g (14.28%), Manganese: 0.28mg (13.76%), Potassium: 481.6mg (13.76%), Folate: 44.86µg (11.22%), Vitamin B6: 0.22mg (11.09%), Vitamin E: 1.2mg (7.99%), Magnesium: 29.76mg (7.44%), Vitamin B1: 0.1mg (6.92%), Vitamin B3: 1.35mg (6.73%), Phosphorus: 64.54mg (6.45%), Copper: 0.12mg (6.03%), Vitamin B2: 0.07mg (4.29%), Iron: 0.76mg (4.21%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.43mg (2.88%), Calcium: 28.38mg (2.84%)