



Orange-Cranberry Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

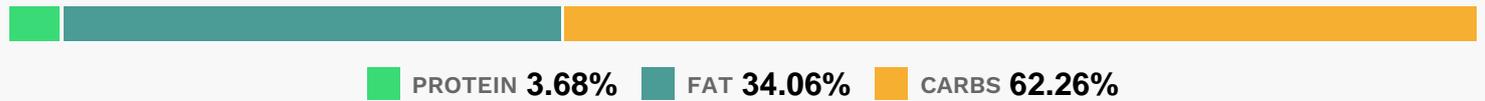
- 0.5 cup cranberries fresh coarsely chopped
- 1 jalapeno seeded finely chopped
- 1 tablespoon juice of lime fresh
- 2 navel oranges peeled
- 1 tablespoon olive oil
- 0.3 cup onion red finely chopped
- 0.3 teaspoon salt
- 1 tablespoon sugar

Equipment

Directions

- Cut orange sections in half.
- Combine all ingredients; cover and let stand 1 hour.
- *Frozen cranberries, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:11.61, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:1.47000000004276%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 4.17mg, Hesperetin: 4.17mg, Hesperetin: 4.17mg, Hesperetin: 4.17mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 23.95kcal (1.2%), Fat: 0.98g (1.5%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 39.23mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin C: 13.17mg (15.96%), Fiber: 0.62g (2.48%), Folate: 7.41µg (1.85%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.26%), Potassium: 42.36mg (1.21%), Vitamin A: 58.74IU (1.17%), Manganese: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.02%)