



Papaya-Cilantro Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 2 teaspoons honey
- 3 tablespoons juice of lime
- 1 medium papaya peeled seeded cut into small dice
- 0.3 cup onion red finely chopped
- 4 servings pepper black freshly ground

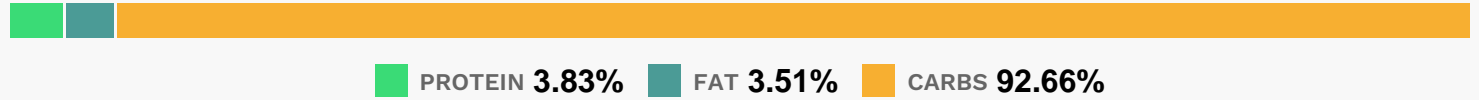
Equipment

- bowl

Directions

- Gently mix together the onions, lime juice, cilantro, honey and papaya in a bowl. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.51, Glycemic Load:5.79, Inflammation Score:-6, Nutrition Score:5.3969565396724%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 50.43kcal (2.52%), Fat: 0.22g (0.34%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 11.5g (4.18%), Sugar: 9.43g (10.48%), Cholesterol: 0mg (0%), Sodium: 6.96mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 50.47mg (61.18%), Vitamin A: 741.87IU (14.84%), Folate: 31.36µg (7.84%), Fiber: 1.54g (6.18%), Potassium: 170.27mg (4.86%), Magnesium: 18.15mg (4.54%), Manganese: 0.06mg (3.09%), Vitamin K: 2.87µg (2.73%), Vitamin B6: 0.05mg (2.33%), Copper: 0.04mg (2.21%), Calcium: 19.86mg (1.99%), Vitamin B5: 0.18mg (1.76%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.03mg (1.68%), Vitamin B2: 0.03mg (1.57%), Vitamin B3: 0.31mg (1.53%), Iron: 0.25mg (1.38%), Phosphorus: 12.47mg (1.25%)