



Papaya Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 small garlic clove minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 pounds papaya peeled seeded cut into 1/4-inch dice (2 preferably pink-fleshed strawberry variety)
- ☐ 1.5 cups pineapple fresh diced () (from 1/2 small pineapple)
- ☐ 0.5 teaspoon salt
- ☐ 2 scallions finely chopped

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:9.58, Inflammation Score:-7, Nutrition Score:14.170434728913%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 108.74kcal (5.44%), Fat: 0.78g (1.2%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 21.29g (7.74%), Sugar: 17.46g (19.4%), Cholesterol: 0mg (0%), Sodium: 294.83mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 166.54mg (201.87%), Manganese: 1.49mg (74.46%), Fiber: 5.64g (22.54%), Folate: 70.2µg (17.55%), Vitamin K: 18.1µg (17.24%), Potassium: 444.51mg (12.7%), Magnesium: 39.12mg (9.78%), Vitamin B6: 0.19mg (9.6%), Copper: 0.19mg (9.4%), Vitamin B1: 0.11mg (7.34%), Iron: 1.23mg (6.85%), Phosphorus: 64mg (6.4%), Vitamin B3: 1.23mg (6.17%), Calcium: 51.79mg (5.18%), Vitamin E: 0.72mg (4.81%), Vitamin B2: 0.08mg (4.51%), Vitamin B5: 0.44mg (4.35%), Zinc: 0.43mg (2.88%), Vitamin A: 127.42IU (2.55%), Selenium: 1.13µg (1.61%)