



Papaya Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.8 cup kiwifruit diced peeled
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 3 cups papaya diced peeled seeded
- ☐ 2 tablespoons bell pepper sweet red chopped
- ☐ 1.5 tablespoons shallots chopped

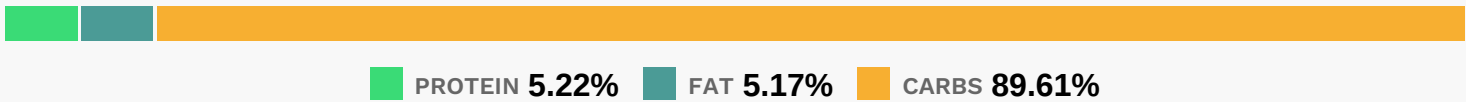
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; toss well. Cover and store in refrigerator.
- ☐ Serve with beef, pork, venison, or fish or as a dip with baked flour tortilla wedges.

Nutrition Facts



Properties

Glycemic Index:73.47, Glycemic Load:10.34, Inflammation Score:-9, Nutrition Score:11.394347843917%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 93.22kcal (4.66%), Fat: 0.6g (0.92%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 19.18g (6.97%), Sugar: 15.71g (17.45%), Cholesterol: 0mg (0%), Sodium: 14.57mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Vitamin C: 128.99mg (156.35%), Vitamin A: 1580.52IU (31.61%), Vitamin K: 22.48µg (21.41%), Folate: 68.76µg (17.19%), Fiber: 4.05g (16.21%), Potassium: 382.88mg (10.94%), Magnesium: 39.04mg (9.76%), Vitamin E: 1.12mg (7.44%), Copper: 0.13mg (6.53%), Manganese: 0.13mg (6.28%), Vitamin B6: 0.12mg (5.94%), Calcium: 47.51mg (4.75%), Vitamin B5: 0.39mg (3.93%), Vitamin B3: 0.75mg (3.75%), Vitamin B1: 0.05mg (3.51%), Phosphorus: 34.9mg (3.49%), Vitamin B2: 0.06mg (3.33%), Iron: 0.56mg (3.11%), Zinc: 0.22mg (1.45%), Selenium: 1.01µg (1.44%)