



Peach and Cucumber Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 1 teaspoon chipotles in adobo canned chopped
- ☐ 1 cup cucumber diced english unpeeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 pounds peaches diced pitted peeled
- ☐ 0.8 cup bell pepper diced red

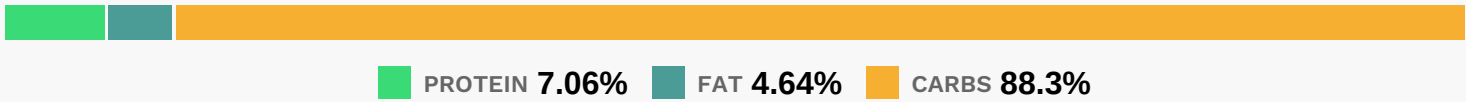
Equipment

☐ bowl

Directions

- ☐ Mix all ingredients in medium bowl. Season salsa to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate. Stir to blend before serving.)
- ☐ *Chipotle chiles canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores, and some supermarkets.
- ☐ Per tablespoon: calories, 6; total fat, 0;saturated fat, 0; cholesterol, 0
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:8.42, Inflammation Score:-9, Nutrition Score:12.653043415235%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.2mg, Catechin: 11.2mg, Catechin: 11.2mg, Catechin: 11.2mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 146.55kcal (7.33%), Fat: 0.84g (1.29%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 31.09g (11.31%), Sugar: 27.29g (30.32%), Cholesterol: 0mg (0%), Sodium: 38.23mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin C: 63.05mg (76.43%), Vitamin A: 2089.95IU (41.8%), Fiber: 4.79g (19.16%), Vitamin K: 17.39µg (16.56%), Vitamin E: 2.34mg (15.61%), Potassium: 446.81mg (12.77%), Copper: 0.23mg (11.74%), Manganese: 0.23mg (11.36%), Vitamin B3: 2.25mg (11.24%), Vitamin B6: 0.2mg (9.84%), Folate: 39.19µg (9.8%), Magnesium: 29.73mg (7.43%), Selenium: 5.14µg (7.34%), Phosphorus: 71.54mg (7.15%), Vitamin B2: 0.12mg (7.08%), Iron: 1.17mg (6.53%), Vitamin B1: 0.09mg (6.13%), Vitamin B5: 0.6mg (5.97%), Zinc: 0.71mg (4.77%), Calcium: 23.14mg (2.31%)