



Peach-Apricot Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

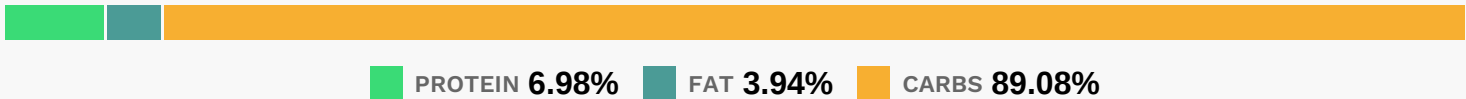
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup apricot dried finely chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 jalapeno seeded finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon peach nectar
- ☐ 2 cups peaches peeled chopped
- ☐ 0.5 cup onion red finely chopped

Equipment

Directions

☐ Combine all ingredients. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:1.25, Inflammation Score:-2, Nutrition Score:1.1230434827183%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 17.03kcal (0.85%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.56g (1.3%), Sugar: 3.27g (3.63%), Cholesterol: 0mg (0%), Sodium: 3.31mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Vitamin C: 3.62mg (4.39%), Vitamin A: 159.05IU (3.18%), Fiber: 0.58g (2.3%), Vitamin E: 0.3mg (1.98%), Potassium: 61.18mg (1.75%), Manganese: 0.03mg (1.32%), Copper: 0.03mg (1.27%), Vitamin B3: 0.24mg (1.19%), Vitamin B6: 0.02mg (1.09%), Vitamin K: 1.07µg (1.02%)