



Peach-Pear Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup apple cider vinegar
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons honey
- ☐ 1 cup peaches diced peeled ()
- ☐ 1 cup pears diced peeled ()

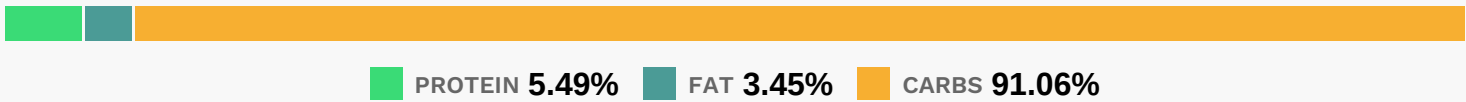
- ☐ 0.5 cup bell pepper red ()
- ☐ 0.5 cup onion red chopped

Equipment

Directions

- ☐ Mix peach, pear, bell pepper, onion, vinegar, honey, basil, cinnamon, cayenne, and allspice.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:1.95, Inflammation Score:-3, Nutrition Score:2.0252174061278%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 24.34kcal (1.22%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.94g (1.8%), Sugar: 4.27g (4.74%), Cholesterol: 0mg (0%), Sodium: 2.91mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Vitamin C: 10.56mg (12.8%), Vitamin A: 309.44IU (6.19%), Fiber: 0.98g (3.93%), Vitamin K: 3.74µg (3.56%), Manganese: 0.06mg (3.14%), Vitamin B6: 0.04mg (1.93%), Potassium: 66.55mg (1.9%), Folate: 6.82µg (1.7%), Vitamin E: 0.25mg (1.65%), Copper: 0.03mg (1.52%), Vitamin B3: 0.22mg (1.11%), Magnesium: 4.46mg (1.11%), Vitamin B2: 0.02mg (1.01%)