

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 cayenne
- 0.3 cup cider vinegar
- 3 tablespoons basil leaves fresh chopped
- 0.1 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 2 teaspoons honey
- 1 cup firm-ripe peach diced peeled ()
- 1 cup firm-ripe pear diced peeled ()

0.5 cup bell pepper red ()

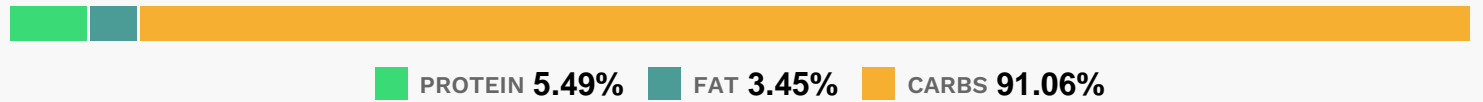
0.5 cup onion red chopped

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%)