



Peach Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 Tbsp shallots chopped
- ☐ 2 jalapeños chopped (stem, seeds and ribs discarded)
- ☐ 8 juice of lemon
- ☐ 2 Tbsp mint leaves fresh chopped
- ☐ 2 Tbsp ginger grated
- ☐ 1 teaspoon sugar
- ☐ 8 servings salt and pepper black to taste

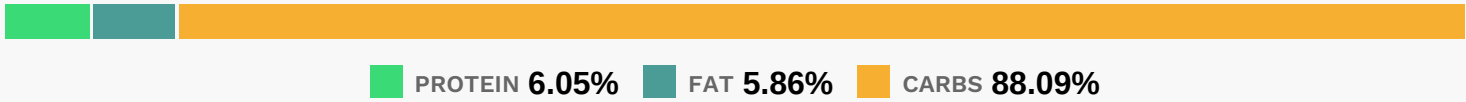
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Put the chopped peaches, shallots, and jalapeños in the bowl of a food processor.
- ☐ Add the remaining ingredients. Pulse 2–3 times, just enough to get most the pieces small and to well combine the salsa. Do not liquefy it.
- ☐ Place salsa into a bowl and cover.
- ☐ Let stand for an hour before serving to give the ingredients time to meld.
- ☐ Serve with chips, with fish, pork, or chicken.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:1.6017391487308%

Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 4.38mg, Hesperetin: 4.38mg, Hesperetin: 4.38mg, Hesperetin: 4.38mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 13.02kcal (0.65%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 194.85mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 16.18mg (19.61%), Folate: 8.44µg (2.11%), Vitamin B6: 0.04mg (2.02%), Potassium: 57.52mg (1.64%), Fiber: 0.34g (1.34%), Manganese: 0.02mg (1.18%), Vitamin E: 0.18mg (1.17%), Vitamin A: 56.62IU (1.13%)