



Pear-Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 pepperoncini peppers seeded



0.3 cup cilantro leaves fresh to taste



0.5 teaspoon garlic powder



2 jalapeno seeded



1 juice of lime juiced



1 large mangos pitted peeled



1 onion quartered



0.5 asian pear cored cubed

- ☐ 6 roma tomatoes halved plum
- ☐ 0.5 teaspoon salt

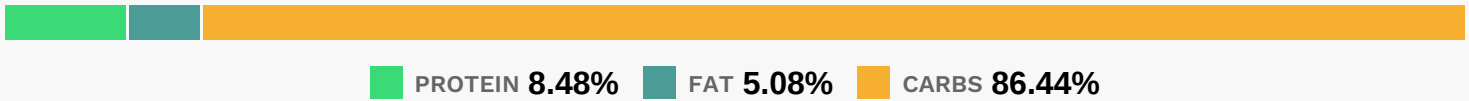
Equipment

- ☐ food processor

Directions

- ☐ Place tomatoes, mango, onion, Asian pear, banana pepper, jalapeno pepper, cilantro, lime juice, garlic powder, and salt in a food processor; pulse until desired texture is achieved. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:4.13, Inflammation Score:-7, Nutrition Score:6.2278260433156%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 51.73kcal (2.59%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 10.26g (3.73%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 199.13mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin C: 31.7mg (38.43%), Vitamin A: 1012.28IU (20.25%),

Vitamin K: 10.88µg (10.36%), Fiber: 2.32g (9.29%), Potassium: 278.22mg (7.95%), Folate: 31.57µg (7.89%), Vitamin B6: 0.15mg (7.49%), Manganese: 0.14mg (6.85%), Vitamin E: 0.88mg (5.87%), Copper: 0.1mg (5.14%), Magnesium: 14.95mg (3.74%), Vitamin B3: 0.74mg (3.72%), Vitamin B1: 0.05mg (3.26%), Phosphorus: 30.72mg (3.07%), Vitamin B2: 0.04mg (2.38%), Iron: 0.34mg (1.91%), Vitamin B5: 0.19mg (1.85%), Calcium: 17.95mg (1.8%), Zinc: 0.21mg (1.4%)