



Persimmon Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

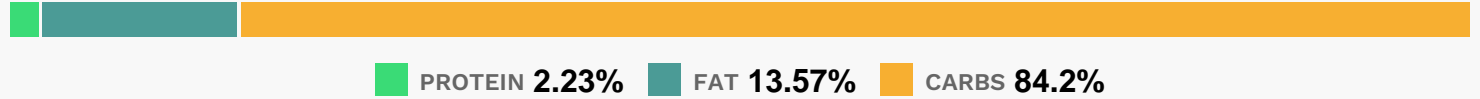
- 0.3 cup cilantro leaves fresh chopped
- 24 oz fuyu' persimmons peeled chopped
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil
- 0.3 cup onion red chopped
- 10 servings salt and pepper to taste

Equipment

Directions

- Stir together persimmons, onion, cilantro, jalapeo pepper, lime juice, olive oil, and salt and pepper to taste.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:11.5, Inflammation Score:-2, Nutrition Score:3.754347829877%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 101.63kcal (5.08%), Fat: 1.69g (2.59%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 23.39g (8.51%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 194.94mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 47.87mg (58.02%), Iron: 1.73mg (9.62%), Potassium: 225.88mg (6.45%), Vitamin K: 2.38µg (2.26%), Calcium: 20.28mg (2.03%), Phosphorus: 19.83mg (1.98%), Vitamin E: 0.27mg (1.79%)