



Persimmon Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon basil fresh minced
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 teaspoons mint leaves fresh minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons serrano chiles minced seeded
- ☐ 2 tablespoons onion white minced rinsed drained

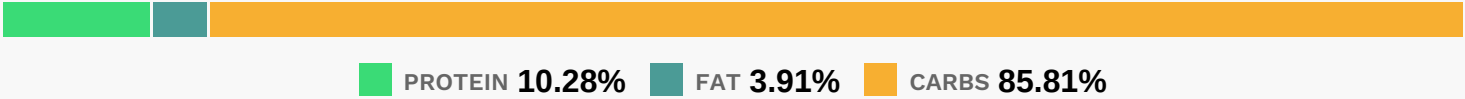
Equipment

- ☐ bowl

Directions

☐ Mix persimmons, onion, lime juice, basil, serrano chile, mint, and ginger in small bowl. Season salsa to taste with salt and pepper. (Salsa can be made 4 hours ahead. Cover and refrigerate. Bring to room temperature before serving.)

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.28217391758833%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 2.18kcal (0.11%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 0.27mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.13%), Vitamin C: 1.19mg (1.44%), Vitamin K: 1.28µg (1.22%)