

Picnic Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cantaloupe chopped
- ☐ 1 cup cucumber peeled chopped
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup tomatoes chopped
- ☐ 1 cup watermelon seeded chopped

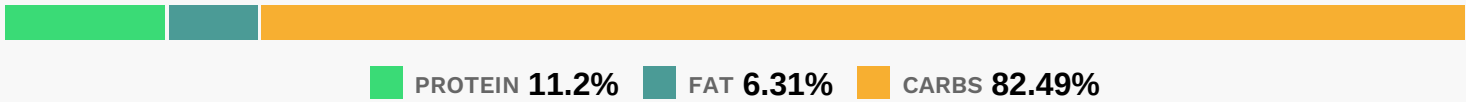
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:67.29, Glycemic Load:4.63, Inflammation Score:-9, Nutrition Score:9.3986955103667%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 43.97kcal (2.2%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 8.53g (3.1%), Sugar: 7.91g (8.79%), Cholesterol: 0mg (0%), Sodium: 16.89mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 43.04mg (52.17%), Vitamin A: 2221.94IU (44.44%), Vitamin K: 42.02µg (40.02%), Potassium: 308.86mg (8.82%), Vitamin B6: 0.16mg (7.91%), Fiber: 1.77g (7.07%), Manganese: 0.13mg (6.58%), Folate: 25.41µg (6.35%), Copper: 0.12mg (5.77%), Magnesium: 21.52mg (5.38%), Vitamin B1: 0.07mg (4.89%), Vitamin E: 0.61mg (4.09%), Vitamin B3: 0.8mg (3.99%), Iron: 0.63mg (3.49%), Phosphorus: 34.34mg (3.43%), Vitamin B5: 0.3mg (2.99%), Vitamin B2: 0.05mg (2.81%), Zinc: 0.39mg (2.62%), Calcium: 20.61mg (2.06%), Selenium: 0.9µg (1.29%)