



## Plum Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons cilantro leaves fresh finely chopped
- 1 jalapeno seeded finely chopped
- 2 tablespoons juice of lime
- 1 cup plum unpeeled finely chopped ( 5 large)
- 1 cup plum tomatoes finely chopped ( 2)
- 0.3 cup purple onion finely chopped
- 0.3 teaspoon salt

## Equipment

bowl

## Directions

Combine all ingredients in a medium bowl; toss gently. Cover and chill at least 30 minutes.

Serve with grilled chicken, turkey, or pork.

## Nutrition Facts

 PROTEIN **9.51%**  FAT **5.7%**  CARBS **84.79%**

## Properties

Glycemic Index:16.77, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:1.695652163871%

## Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg 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: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 14.62kcal (0.73%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.89g (1.05%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 59.62mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin C: 7.69mg (9.32%), Vitamin A: 276.07IU (5.52%), Vitamin K: 3.47µg (3.3%), Potassium: 95.23mg (2.72%), Fiber: 0.64g (2.55%), Manganese: 0.04mg (2.15%), Vitamin B6: 0.04mg (1.78%), Vitamin E: 0.23mg (1.53%), Folate: 5.86µg (1.47%), Copper: 0.03mg (1.33%), Vitamin B3: 0.24mg (1.19%), Magnesium: 4.63mg (1.16%), Vitamin B1: 0.02mg (1.11%), Phosphorus: 10.3mg (1.03%)