



Pomegranate-Orange Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoons jalapeno minced
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lime fresh
- 1 cup orange sections chopped
- 0.3 cup pomegranate juice fresh
- 0.7 cup pomegranate seeds (2 pomegranates)

0.3 cup shallots minced

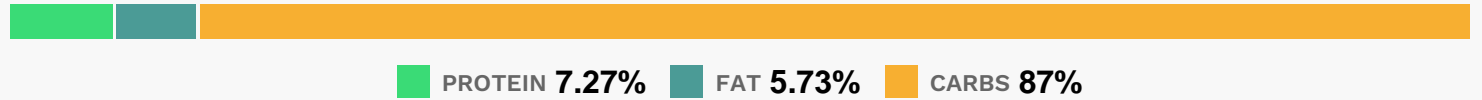
Equipment

Directions

Combine all ingredients.

Serve with shrimp, flaky white fish, chicken, or tortilla chips.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:3.47, Inflammation Score:-3, Nutrition Score:3.9256522240846%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 8.4mg, Hesperetin: 8.4mg, Hesperetin: 8.4mg, Hesperetin: 8.4mg Naringenin: 4.61mg, Naringenin: 4.61mg, Naringenin: 4.61mg, Naringenin: 4.61mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 46.09kcal (2.3%), Fat: 0.32g (0.5%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 9.06g (3.29%), Sugar: 8.07g (8.97%), Cholesterol: 0mg (0%), Sodium: 100.12mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 25.32mg (30.69%), Fiber: 1.95g (7.8%), Folate: 24.25µg (6.06%), Vitamin K: 5.79µg (5.51%), Potassium: 176.63mg (5.05%), Vitamin B6: 0.09mg (4.67%), Manganese: 0.09mg (4.38%), Vitamin B1: 0.05mg (3.27%), Copper: 0.06mg (2.91%), Vitamin E: 0.41mg (2.71%), Vitamin A: 128IU (2.56%), Magnesium: 9.34mg (2.33%), Vitamin B5: 0.23mg (2.32%), Calcium: 20.42mg (2.04%), Phosphorus: 20.01mg (2%), Vitamin B2: 0.03mg (1.76%), Iron: 0.24mg (1.34%), Vitamin B3: 0.26mg (1.3%)