



Rachel's Tropical Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup mangos diced ripe peeled
- ☐ 1 cup pineapple diced
- ☐ 0.3 cup onion red finely chopped

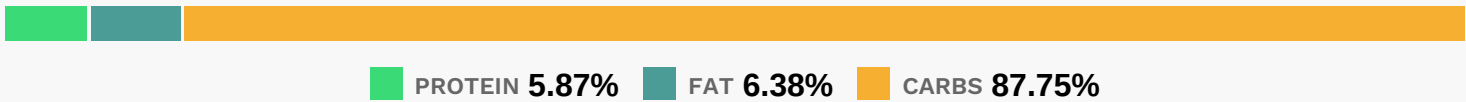
0.1 teaspoon salt

Equipment

Directions

Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:59.6, Glycemic Load:5.97, Inflammation Score:-6, Nutrition Score:6.8830435276031%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 58.31kcal (2.92%), Fat: 0.47g (0.72%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 12.83g (4.67%), Sugar: 10.57g (11.74%), Cholesterol: 0mg (0%), Sodium: 76.46mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin C: 44.51mg (53.95%), Manganese: 0.47mg (23.66%), Vitamin A: 596.26IU (11.93%), Folate: 30.25µg (7.56%), Fiber: 1.71g (6.86%), Vitamin B6: 0.13mg (6.69%), Vitamin K: 6.06µg (5.77%), Copper: 0.11mg (5.63%), Potassium: 179.17mg (5.12%), Iron: 0.92mg (5.09%), Vitamin B1: 0.06mg (4.06%), Vitamin E: 0.6mg (3.99%), Magnesium: 15.84mg (3.96%), Vitamin B3: 0.62mg (3.09%), Calcium: 25.04mg (2.5%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.22mg (2.18%), Phosphorus: 20.57mg (2.06%), Zinc: 0.17mg (1.16%)