



Radish-Cucumber Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

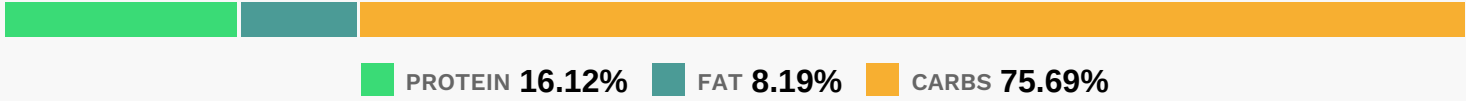
- ☐ 2 medium cucumbers chopped
- ☐ 1 garlic clove pressed
- ☐ 1 bunch green onions chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 large radishes chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 large tomatoes chopped

Equipment

Directions

☐ Combine all ingredients. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:4.4852173989234%

Flavonoids

Pelargonidin: 2.84mg, Pelargonidin: 2.84mg, Pelargonidin: 2.84mg, Pelargonidin: 2.84mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 22.44kcal (1.12%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 152.21mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin C: 14.57mg (17.67%), Vitamin K: 15.33µg (14.6%), Vitamin A: 638.74IU (12.77%), Potassium: 259.24mg (7.41%), Manganese: 0.13mg (6.52%), Fiber: 1.36g (5.44%), Folate: 21.08µg (5.27%), Vitamin B6: 0.09mg (4.64%), Copper: 0.08mg (4.2%), Magnesium: 15.29mg (3.82%), Phosphorus: 30.58mg (3.06%), Vitamin B1: 0.05mg (3.04%), Vitamin E: 0.42mg (2.78%), Vitamin B3: 0.46mg (2.32%), Iron: 0.37mg (2.05%), Vitamin B5: 0.2mg (2.03%), Calcium: 18.97mg (1.9%), Vitamin B2: 0.03mg (1.84%), Zinc: 0.24mg (1.58%)