



Radish Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large cucumber peeled seeded chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove pressed
- 1 tablespoon juice of lime fresh
- 6 large radishes grated
- 0.3 teaspoon salt

Equipment

Directions

Toss together all ingredients. Cover and chill up to 2 hours. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.5378260670797%

Flavonoids

Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 8.56kcal (0.43%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 101.78mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin K: 5.57µg (5.3%), Vitamin C: 3.91mg (4.74%), Potassium: 92.86mg (2.65%), Manganese: 0.05mg (2.61%), Folate: 9.46µg (2.37%), Copper: 0.04mg (2.07%), Fiber: 0.51g (2.04%), Vitamin B6: 0.04mg (1.92%), Magnesium: 7mg (1.75%), Vitamin A: 80.51IU (1.61%), Vitamin B5: 0.14mg (1.37%), Phosphorus: 13.03mg (1.3%), Vitamin B1: 0.02mg (1.17%), Calcium: 10.55mg (1.05%), Vitamin B2: 0.02mg (1.01%)