

Rhubarb Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apples chopped
- ☐ 3 green onions chopped
- ☐ 2 tablespoons honey
- ☐ 1 jalapeno seeded chopped
- ☐ 2 juice of lime juiced
- ☐ 2 cups rhubarb diced

Equipment

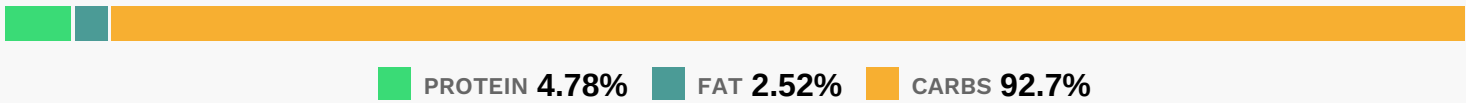
- ☐ pot

☐ colander

Directions

- ☐ Bring a pot of water to a boil over medium heat, and stir in the rhubarb; simmer for 2 minutes to blanch.
- ☐ Drain in a colander set in the sink, and let cool.
- ☐ Stir together the cooled rhubarb, apple, green onions, lime juice, honey, and jalapeno pepper until thoroughly combined.

Nutrition Facts



Properties

Glycemic Index:53.76, Glycemic Load:8.06, Inflammation Score:-4, Nutrition Score:6.9021739234095%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg, Epicatechin 3-gallate: 0.49mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 91.5kcal (4.57%), Fat: 0.29g (0.44%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 20.83g (7.58%), Sugar: 17.53g (19.48%), Cholesterol: 0mg (0%), Sodium: 6.69mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin K: 50.57µg (48.16%), Vitamin C: 22.28mg (27.01%), Fiber: 3.01g (12.06%), Manganese: 0.21mg (10.63%), Potassium: 354.2mg (10.12%), Calcium: 85.29mg (8.53%), Vitamin A: 285.41IU (5.71%), Folate: 18.16µg (4.54%), Magnesium: 16.82mg (4.21%), Vitamin E: 0.57mg (3.81%), Vitamin B6: 0.07mg (3.72%), Vitamin B2: 0.06mg (3.32%), Iron: 0.5mg (2.75%), Copper: 0.05mg (2.54%), Phosphorus: 24.98mg (2.5%), Vitamin B1: 0.04mg (2.45%), Vitamin B3: 0.45mg (2.25%), Selenium: 1.12µg (1.6%), Vitamin B5: 0.15mg (1.52%), Zinc: 0.2mg (1.32%)