



Salsa Naranja



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cayenne chilies
- ☐ 0.5 cup cilantro leaves loosely packed ()
- ☐ 5 cloves garlic
- ☐ 1 thumb ginger grated
- ☐ 1 tablespoon korean honey citron tea paste
- ☐ 2 green onions
- ☐ 0.3 cup juice of lime
- ☐ 1 small onion diced

- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon pepper
- ☐ 2 birds eye chilies
- ☐ 1 tablespoon salt
- ☐ 2 tablespoon sesame seed toasted
- ☐ 1 cup chili sauce sweet
- ☐ 0.5 cup basil preferably thai loosely packed ()

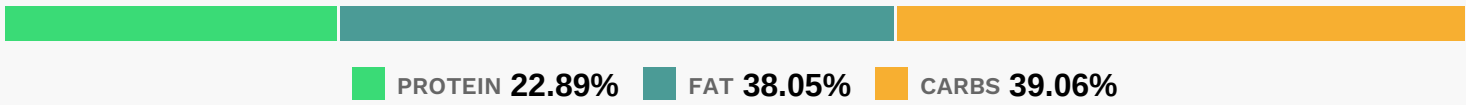
Equipment

- ☐ food processor

Directions

- ☐ Puree everything in a food processor.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:9.2221739862276%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 216.79kcal (10.84%), Fat: 9.33g (14.35%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 20.46g (7.44%), Sugar: 17.37g (19.3%), Cholesterol: 34.47mg (11.49%), Sodium: 1223.12mg (53.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Selenium: 14.93µg (21.33%), Zinc: 3.16mg (21.04%), Vitamin K: 17.96µg (17.11%), Vitamin C: 12.91mg (15.65%), Vitamin B12: 0.94µg (15.63%), Vitamin B3: 3.06mg (15.31%), Vitamin B6: 0.3mg (15.13%), Manganese: 0.23mg (11.33%), Phosphorus: 108.72mg (10.87%),

Vitamin B2: 0.16mg (9.45%), Iron: 1.58mg (8.79%), Copper: 0.17mg (8.51%), Potassium: 265.05mg (7.57%),
Magnesium: 26.66mg (6.66%), Vitamin A: 332.4IU (6.65%), Vitamin B1: 0.1mg (6.38%), Fiber: 1.09g (4.37%), Calcium:
41.88mg (4.19%), Folate: 15.01µg (3.75%), Vitamin E: 0.17mg (1.16%)