

Salsa Salpicón

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 small jalapeno minced seeded
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.3 cup orange juice
- ☐ 5 radishes grated
- ☐ 1 small onion red finely chopped
- ☐ 0.3 teaspoon salt

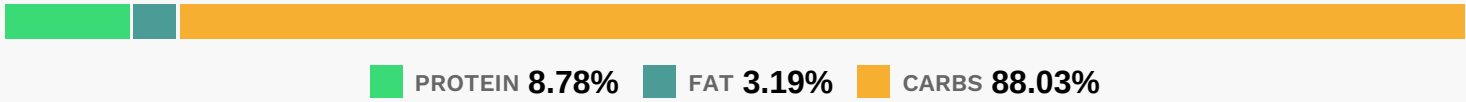
Equipment

bowl

Directions

Combine all ingredients in a bowl. Cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.46, Inflammation Score:-3, Nutrition Score:2.1573912825273%

Flavonoids

Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 21.24kcal (1.06%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 148.86mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin C: 16.42mg (19.9%), Folate: 12.76µg (3.19%), Vitamin B6: 0.06mg (2.99%), Potassium: 99.13mg (2.83%), Fiber: 0.7g (2.82%), Manganese: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.01%), Vitamin A: 85.94IU (1.72%), Magnesium: 5.99mg (1.5%), Vitamin K: 1.49µg (1.42%), Phosphorus: 13.4mg (1.34%), Copper: 0.02mg (1.19%), Calcium: 10.71mg (1.07%), Vitamin B2: 0.02mg (1.04%), Vitamin E: 0.15mg (1.03%)