



Serious Heat: Fruit Salsa: Love 'em or Hate 'em?



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado chopped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 grapefruit red cut into bite-size pieces
- ☐ 8 mint leaves julienned
- ☐ 0.3 onion red sliced
- ☐ 4 servings salt
- ☐ 2 serrano chiles sliced

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vinegar white

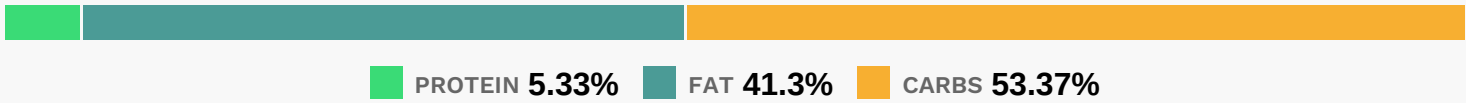
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, combine vinegar and sugar.
- ☐ Whisk together until sugar is mostly dissolved.
- ☐ Add onion and chiles, and stir.
- ☐ Let sit for 30 minutes to marinate.
- ☐ Drain vinegar mixture, reserving the pickled onions and chiles. Discard the vinegar, or reserve for another use.
- ☐ In a medium bowl, combine the grapefruit segments, cilantro, mint and salt.
- ☐ Mix in onions and chiles, and check for seasoning.
- ☐ Add avocado, and gently toss to combine.
- ☐ Serve with chips or over any meat, like grilled chicken.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:10.708695595679%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg

Luteolin: 1.15mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg
Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg,
Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 153.92kcal (7.7%), Fat: 7.62g (11.72%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 22.15g (7.38%), Net
Carbohydrates: 16.32g (5.94%), Sugar: 12.57g (13.96%), Cholesterol: 0mg (0%), Sodium: 199.31mg (8.67%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin C: 47.72mg (57.85%), Vitamin A: 1726.05IU
(34.52%), Fiber: 5.83g (23.32%), Folate: 62.24µg (15.56%), Vitamin K: 14.03µg (13.37%), Potassium: 452.71mg
(12.93%), Vitamin B6: 0.22mg (11.22%), Vitamin B5: 1.06mg (10.6%), Vitamin E: 1.25mg (8.36%), Copper: 0.15mg
(7.66%), Manganese: 0.15mg (7.56%), Magnesium: 29.46mg (7.37%), Vitamin B2: 0.12mg (6.87%), Vitamin B1: 0.1mg
(6.39%), Vitamin B3: 1.23mg (6.17%), Phosphorus: 54.94mg (5.49%), Calcium: 42.74mg (4.27%), Zinc: 0.46mg
(3.07%), Iron: 0.55mg (3.03%)