



Sour Cherry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 lb cherries fresh sour pitted
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 tablespoons jalapeno fresh finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons onion red finely chopped ()
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

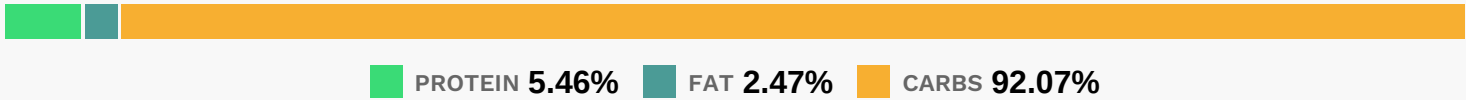
Equipment

☐ bowl

Directions

- ☐ If using fresh cherries, coarsely chop, then stir together with sugar in a small bowl until sugar is dissolved, about 5 minutes. If using frozen cherries, thaw in a small bowl, reserving any juices in bowl, then coarsely chop and stir together with sugar in same bowl. Stir in onion, jalapeño, lime juice, cilantro, and salt and let stand at room temperature 30 minutes for flavors to develop.
- ☐ ·This salsa is best the day it is made but will keep, covered and chilled, 1 day.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:2.46, Inflammation Score:-2, Nutrition Score:1.6434782694863%

Flavonoids

Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 35.93kcal (1.8%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 9.16g (3.06%), Net Carbohydrates: 8.1g (2.95%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 145.9mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 7.85mg (9.51%), Fiber: 1.06g (4.26%), Potassium: 113.91mg (3.25%), Vitamin K: 3µg (2.86%), Manganese: 0.04mg (2.03%), Vitamin B6: 0.04mg (1.96%), Vitamin A: 93.22IU (1.86%), Copper: 0.03mg (1.53%), Magnesium: 5.91mg (1.48%), Phosphorus: 11.51mg (1.15%), Vitamin B2: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.06%), Vitamin B1: 0.02mg (1.04%), Vitamin E: 0.15mg (1.01%), Iron: 0.18mg

(1.01%)