



Southwest Melon Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cantaloupe diced
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 1 clove garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 cups honeydew diced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 cup purple onion chopped

- ☐ 2 serrano chiles seeded chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon citrus champagne vinegar

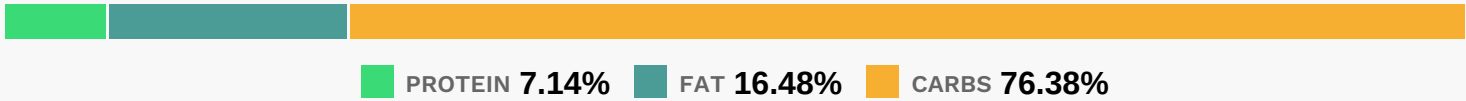
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl; stir well.
- ☐ Combine lime juice and remaining ingredients; stir well with a wire whisk.
- ☐ Pour over melon mixture, and toss gently. Cover and store in refrigerator.
- ☐ Serve with chicken or fish.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:3.52, Inflammation Score:-9, Nutrition Score:7.7143478289894%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg
Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg
Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg
Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg
Isorhamnetin: 1mg, Isorhamnetin: 1mg
Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 71.14kcal (3.56%), Fat: 1.43g (2.2%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 13.06g (4.75%), Sugar: 11.52g (12.8%), Cholesterol: 0mg (0%), Sodium: 32.09mg (1.4%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 39.51mg (47.89%), Vitamin A: 2179.27IU (43.59%),

Potassium: 331.4mg (9.47%), Vitamin B6: 0.18mg (8.77%), Vitamin K: 8.06µg (7.67%), Fiber: 1.84g (7.35%), Folate: 28.15µg (7.04%), Manganese: 0.12mg (5.86%), Vitamin B1: 0.08mg (5.35%), Magnesium: 20.44mg (5.11%), Copper: 0.1mg (4.87%), Vitamin B3: 0.87mg (4.35%), Iron: 0.59mg (3.3%), Phosphorus: 31.68mg (3.17%), Zinc: 0.41mg (2.75%), Selenium: 1.7µg (2.43%), Vitamin B2: 0.04mg (2.36%), Vitamin B5: 0.23mg (2.3%), Calcium: 20.47mg (2.05%), Vitamin E: 0.26mg (1.75%)