



## Spicy Cranberry Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



6

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 small apples cored peeled finely chopped
- 2 cups cranberries chopped
- 1 green onion thinly sliced
- 1 jalapeno seeded finely chopped to taste
- 1 tablespoon juice of lime freshly squeezed
- 1 orange – peeled seeded finely chopped
- 1 shallots finely chopped
- 0.3 cup sugar white

1 tablespoon citrus champagne vinegar

## Equipment

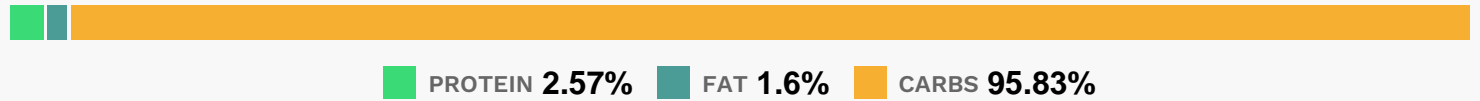
bowl

plastic wrap

## Directions

Mix cranberries, apple, orange, sugar, shallot, jalapeno pepper, green onion, lime juice, and vinegar together in a bowl. Cover bowl with plastic wrap and refrigerate for flavors to blend, 4 to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:47.27, Glycemic Load:11.02, Inflammation Score:-3, Nutrition Score:3.6169565332972%

## Flavonoids

Cyanidin: 15.87mg, Cyanidin: 15.87mg, Cyanidin: 15.87mg, Cyanidin: 15.87mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

## Nutrients (% of daily need)

Calories: 86.7kcal (4.34%), Fat: 0.17g (0.25%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 19.7g (7.17%), Sugar: 17.65g (19.61%), Cholesterol: 0mg (0%), Sodium: 2.17mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin C: 21.66mg (26.26%), Fiber: 2.58g (10.32%),

Manganese: 0.15mg (7.69%), Vitamin K: 6.83µg (6.51%), Vitamin E: 0.63mg (4.17%), Potassium: 122.1mg (3.49%), Vitamin B6: 0.07mg (3.43%), Folate: 11.2µg (2.8%), Vitamin A: 129.04IU (2.58%), Copper: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.16%), Vitamin B5: 0.19mg (1.92%), Magnesium: 7.35mg (1.84%), Calcium: 16.76mg (1.68%), Vitamin B2: 0.03mg (1.67%), Phosphorus: 13.85mg (1.39%), Iron: 0.23mg (1.29%)