



Spicy Fruit Salsa



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pint blackberries fresh chopped
- ☐ 0.8 cup brown sugar
- ☐ 1 tablespoon cayenne pepper
- ☐ 4 granny smith apples – shredded cored peeled
- ☐ 7 ounce salsa green canned
- ☐ 3 tablespoons habanero hot sauce
- ☐ 2 tablespoons any flavor fruit jelly
- ☐ 5 kiwis diced peeled

- ☐ 0.3 cup juice of lime
- ☐ 1 quart strawberries finely chopped

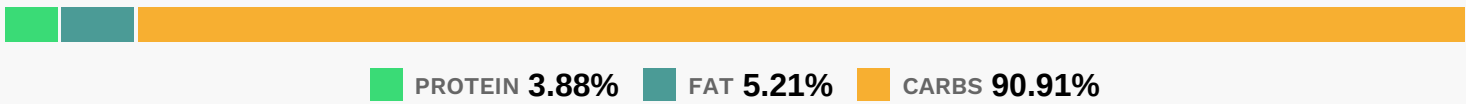
Equipment

- ☐ bowl

Directions

- ☐ Place kiwis, strawberries, blackberries, and apples in a bowl. Stir in jelly, brown sugar, cayenne pepper, hot sauce, green salsa, and lime juice. Stir together.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:7.91, Inflammation Score:-7, Nutrition Score:12.200869627621%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.77mg, Pelargonidin: 19.77mg, Pelargonidin: 19.77mg, Pelargonidin: 19.77mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 17.85mg, Catechin: 17.85mg, Catechin: 17.85mg, Catechin: 17.85mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 6.84mg, Epicatechin: 6.84mg, Epicatechin: 6.84mg, Epicatechin: 6.84mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 168.38kcal (8.42%), Fat: 1.05g (1.61%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 34.76g (12.64%), Sugar: 31.68g (35.2%), Cholesterol: 0mg (0%), Sodium: 213.66mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 91.45mg (110.85%), Manganese:

0.64mg (31.94%), Fiber: 6.45g (25.79%), Vitamin K: 26.61µg (25.34%), Potassium: 399.89mg (11.43%), Folate: 42.28µg (10.57%), Vitamin E: 1.44mg (9.59%), Copper: 0.18mg (9.21%), Vitamin A: 444.95IU (8.9%), Magnesium: 29.94mg (7.49%), Vitamin B6: 0.12mg (6.05%), Calcium: 54.86mg (5.49%), Phosphorus: 50.87mg (5.09%), Iron: 0.9mg (5%), Vitamin B3: 0.82mg (4.13%), Vitamin B2: 0.06mg (3.7%), Vitamin B1: 0.05mg (3.47%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.42mg (2.81%), Selenium: 0.82µg (1.18%)