

Spicy Strawberry Kiwi Peach Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 spring onion chopped
- 0.5 jalapeno diced seeded
- 1 kiwi fruit diced peeled
- 1 tablespoon juice of lime
- 1 peaches diced pitted ripe peeled
- 1 pinch salt
- 4 strawberries fresh diced

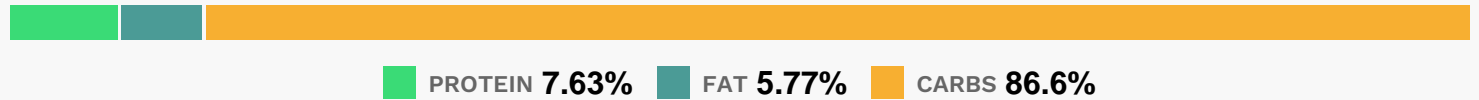
Equipment

bowl

Directions

Combine the peach, kiwi, strawberries, jalapeno pepper, lime juice, green onion, cilantro, and salt in a bowl; gently stir to combine.

Nutrition Facts



Properties

Glycemic Index:57.23, Glycemic Load:2.96, Inflammation Score:-3, Nutrition Score:4.4256521307904%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 35.24kcal (1.76%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 6.92g (2.52%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 16.52mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin C: 29.41mg (35.64%), Vitamin K: 17.73µg (16.89%), Fiber: 1.63g (6.53%), Manganese: 0.1mg (4.98%), Vitamin E: 0.7mg (4.64%), Vitamin A: 207.63IU (4.15%), Potassium: 127.21mg (3.63%), Copper: 0.07mg (3.51%), Folate: 13.94µg (3.48%), Vitamin B3: 0.48mg (2.39%), Magnesium: 9.41mg (2.35%), Phosphorus: 21.05mg (2.11%), Vitamin B6: 0.04mg (1.99%), Iron: 0.29mg (1.59%), Vitamin B2: 0.02mg (1.44%), Calcium: 14.42mg (1.44%), Vitamin B1: 0.02mg (1.43%), Selenium: 0.91µg (1.3%), Vitamin B5: 0.13mg

(1.28%), Zinc: 0.15mg (1.02%)