



Strawberry-Jalapeño Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



32

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cilantro leaves fresh divided
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 navel oranges chopped
- 0.3 cup onions finely chopped
- 1 jalapeño pepper divided finely chopped
- 4 cups strawberries fresh finely chopped

Equipment

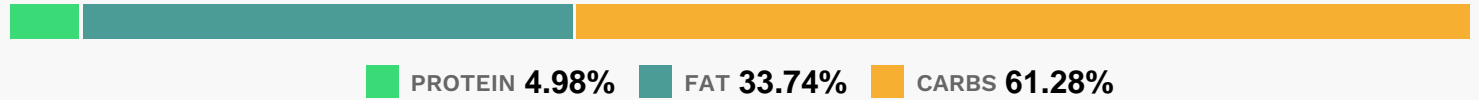
- bowl

blender

Directions

- Blend dressing, 1/4 cup cilantro and half the peppers in blender until smooth.
- Chop remaining cilantro; place in medium bowl.
- Add fruit, onions, remaining peppers and dressing mixture; mix lightly.

Nutrition Facts



Properties

Glycemic Index:4.09, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.5121739189262%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 14.41kcal (0.72%), Fat: 0.58g (0.89%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.57g (1.75%), Cholesterol: 0mg (0%), Sodium: 24.7mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Vitamin C: 13.34mg (16.17%), Manganese: 0.08mg (3.91%), Vitamin K: 2.6µg (2.47%), Fiber: 0.49g (1.97%), Folate: 6.21µg (1.55%), Potassium: 40.4mg (1.15%)