



Strawberry Mint Watermelon Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons jalapeño chili diced seeded
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup onion diced red
- ☐ 0.8 cup strawberries diced
- ☐ 1 teaspoon sugar to taste
- ☐ 1 cup watermelon diced seedless

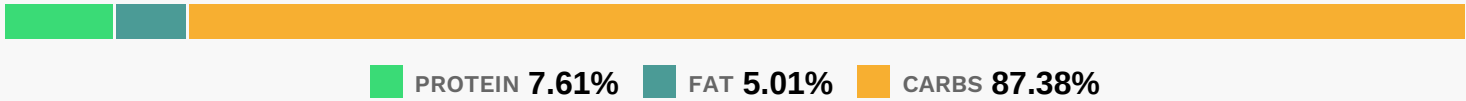
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, gently stir together the watermelon, strawberries, onion, mint, chili, and lime.
- ☐ Add sugar, if desired, to taste.
- ☐ Let the salsa stand for about 1 hour, allowing the flavors time to meld before serving. Store chilled.

Nutrition Facts



Properties

Glycemic Index:60.94, Glycemic Load:3.64, Inflammation Score:-5, Nutrition Score:4.0799999859022%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 32.75kcal (1.64%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 6.76g (2.46%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 2.13mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin C: 30.51mg (36.98%), Manganese: 0.17mg (8.45%),

Vitamin A: 408.58IU (8.17%), Fiber: 1.29g (5.15%), Vitamin B6: 0.08mg (3.89%), Potassium: 135.7mg (3.88%), Folate: 14.77µg (3.69%), Magnesium: 11.73mg (2.93%), Vitamin E: 0.38mg (2.51%), Copper: 0.05mg (2.28%), Iron: 0.37mg (2.07%), Vitamin K: 2.08µg (1.98%), Vitamin B1: 0.03mg (1.97%), Phosphorus: 17.86mg (1.79%), Vitamin B2: 0.03mg (1.72%), Calcium: 16.79mg (1.68%), Vitamin B5: 0.17mg (1.67%), Vitamin B3: 0.33mg (1.64%)