

Strawberry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small avocado diced
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup pepper jelly red
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 2 cups strawberries fresh chopped

☐ 0.3 cup cranberries dried sweetened

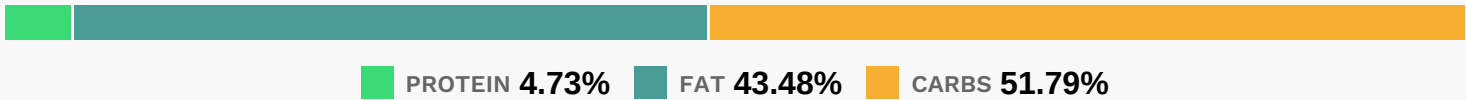
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together red pepper jelly, chives, cilantro, lime zest, fresh lime juice, and dried crushed red pepper in a medium bowl. Stir in strawberries and sweetened dried cranberries; cover and chill 1 hour. Stir in diced avocado just before serving.
- ☐ Serve with grilled or pan-fried meats, poultry, or seafood.

Nutrition Facts



Properties

Glycemic Index:14.73, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:3.4530435282251%

Flavonoids

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Nutrients (% of daily need)

Calories: 38.74kcal (1.94%), Fat: 2.09g (3.21%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4g (1.45%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 2.29mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 20.93mg (25.37%), Vitamin K: 6.74µg (6.42%), Fiber: 1.6g (6.4%), Manganese: 0.11mg (5.6%), Vitamin A: 252.16IU (5.04%), Folate: 19.35µg (4.84%), Vitamin E: 0.5mg (3.34%), Potassium: 116.43mg (3.33%), Vitamin B6: 0.06mg (3.15%), Vitamin B5: 0.24mg (2.43%), Copper: 0.04mg (2.05%), Magnesium: 7.95mg (1.99%), Vitamin B3: 0.39mg (1.95%), Vitamin B2: 0.03mg (1.72%), Phosphorus: 14.51mg (1.45%), Vitamin B1: 0.02mg (1.25%), Iron: 0.22mg (1.2%)