



Strawberry Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 jalapeño peppers minced seeded
- ☐ 1 juice of lime juiced
- ☐ 1 tablespoon olive oil
- ☐ 4 roma tomatoes seeded chopped (plum)
- ☐ 1 pint strawberries fresh sliced

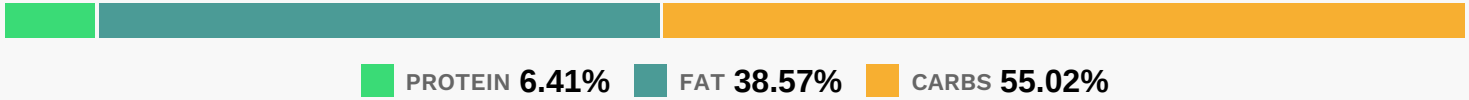
Equipment

- ☐ bowl

Directions

☐ In a large bowl, combine strawberries, tomatoes, chile peppers, garlic, lime juice and oil. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to serve!

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:10.29565217184%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 85.08kcal (4.25%), Fat: 4g (6.16%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 9.58g (3.48%), Sugar: 7.7g (8.56%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin C: 84.92mg (102.93%), Manganese: 0.56mg (27.86%), Fiber: 3.27g (13.08%), Vitamin A: 572.27IU (11.45%), Potassium: 351.43mg (10.04%), Folate: 39.43µg (9.86%), Vitamin K: 10.33µg (9.83%), Vitamin E: 1.32mg (8.83%), Vitamin B6: 0.14mg (7.07%), Magnesium: 23.7mg (5.92%), Copper: 0.1mg (5.07%), Phosphorus: 47.53mg (4.75%), Vitamin B3: 0.89mg (4.45%), Iron: 0.71mg (3.96%), Vitamin B1: 0.06mg (3.84%), Calcium: 29.35mg (2.93%), Vitamin B2: 0.04mg (2.53%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.3mg (2%), Selenium: 0.71µg (1.01%)