



Summery Peach Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 tablespoon honey
- ☐ 1.5 tablespoons jalapeno seeded chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 3 tablespoons orange juice

- ☐ 1 cup peaches diced
- ☐ 0.5 cup plum diced
- ☐ 0.3 cup shallots minced

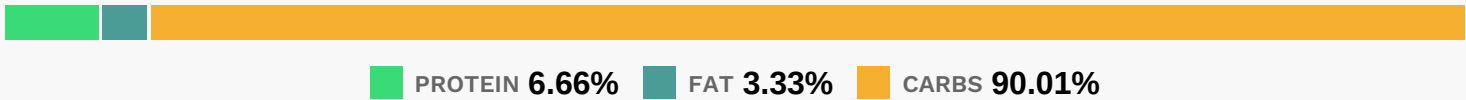
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:81.05, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:5.7947825193405%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg, Apigenin: 4.38mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 63.65kcal (3.18%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 14.07g (5.12%), Sugar: 12.21g (13.57%), Cholesterol: 0mg (0%), Sodium: 9.02mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin K: 36.5µg (34.76%), Vitamin C: 23.27mg (28.21%), Vitamin A: 508.98IU (10.18%), Fiber: 1.75g (7.01%), Potassium: 200.47mg (5.73%), Manganese: 0.11mg (5.46%),

Vitamin B6: 0.1mg (5.19%), Folate: 19.13µg (4.78%), Vitamin E: 0.58mg (3.87%), Copper: 0.08mg (3.77%), Iron: 0.61mg (3.36%), Magnesium: 12.83mg (3.21%), Vitamin B3: 0.62mg (3.09%), Vitamin B1: 0.04mg (2.83%), Phosphorus: 27.86mg (2.79%), Vitamin B2: 0.04mg (2.16%), Vitamin B5: 0.2mg (1.99%), Calcium: 17.73mg (1.77%), Zinc: 0.24mg (1.58%), Selenium: 1.08µg (1.54%)