



Three-Fruit Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cantaloupe peeled finely chopped
- ☐ 0.5 cup cucumber peeled seeded finely chopped
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1.5 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 cup mangos peeled finely chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup strawberries sliced

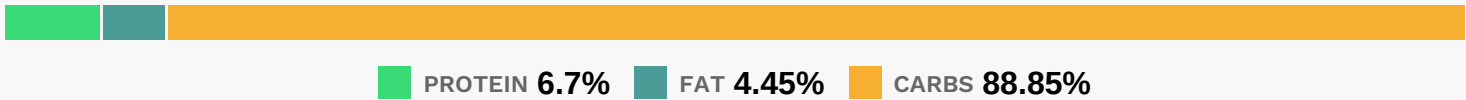
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Combine all ingredients in a bowl; toss to combine.
- ☐ Serve salsa with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:5.68, Inflammation Score:-8, Nutrition Score:6.9813043552896%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg 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: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 56.69kcal (2.83%), Fat: 0.31g (0.48%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 12.11g (4.4%), Sugar: 11.22g (12.47%), Cholesterol: 0mg (0%), Sodium: 107.33mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 46.26mg (56.07%), Vitamin A: 1383.57IU (27.67%), Manganese: 0.19mg (9.43%), Fiber: 1.92g (7.68%), Folate: 30.22µg (7.55%), Vitamin B6: 0.13mg (6.5%), Vitamin K: 6.51µg (6.2%), Potassium: 209.24mg (5.98%), Copper: 0.1mg (4.82%), Magnesium: 15.68mg (3.92%), Vitamin E: 0.57mg (3.83%), Vitamin B3: 0.64mg (3.2%), Vitamin B1: 0.05mg (3.17%), Phosphorus: 26.06mg (2.61%), Vitamin B2: 0.04mg (2.47%), Iron: 0.44mg (2.47%), Calcium: 20.32mg (2.03%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.27mg (1.79%), Selenium: 0.85µg (1.21%)