

Tropical Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 kiwi fruit peeled chopped
- ☐ 1 mangos pitted peeled chopped
- ☐ 1 papaya peeled seeded chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 cup pineapple chunks
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon onion red finely chopped
- ☐ 2 tablespoons juice of lime

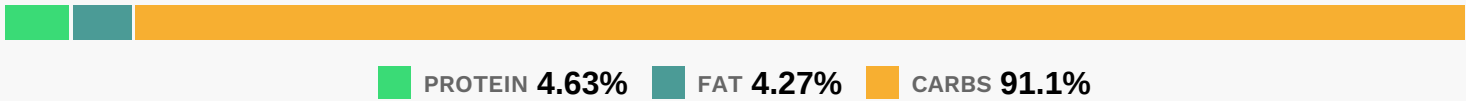
Equipment

☐ bowl

Directions

- ☐ In glass or plastic bowl, mix all ingredients.
- ☐ Cover and refrigerate 1 to 2 hours. Store covered in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:31.77, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:6.7843479747358%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 64.76kcal (3.24%), Fat: 0.34g (0.52%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 14.11g (5.13%), Sugar: 12.97g (14.41%), Cholesterol: 0mg (0%), Sodium: 4.93mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin C: 55.64mg (67.44%), Vitamin A: 699.69IU (13.99%), Vitamin K: 11.96µg (11.39%), Fiber: 2.21g (8.85%), Folate: 33.7µg (8.42%), Potassium: 205.16mg (5.86%), Copper: 0.11mg (5.52%), Magnesium: 19.34mg (4.84%), Vitamin E: 0.72mg (4.81%), Vitamin B6: 0.09mg (4.58%), Vitamin B1: 0.05mg (3.64%), Manganese: 0.06mg (2.9%), Vitamin B3: 0.51mg (2.53%), Calcium: 24.2mg (2.42%), Vitamin B2: 0.03mg (2.01%), Phosphorus: 18.59mg (1.86%), Vitamin B5: 0.18mg (1.77%), Iron: 0.29mg (1.58%)