

Tropical Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



422 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

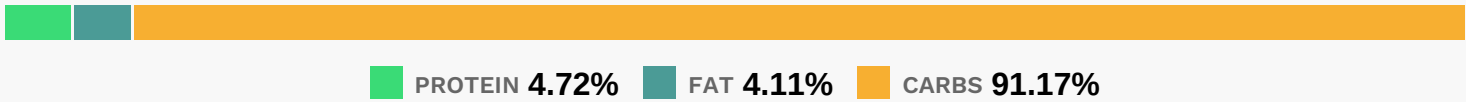
Equipment

☐ bowl

Directions

☐ Mix all ingredients in glass or plastic bowl.

Nutrition Facts



Properties

Glycemic Index:254.17, Glycemic Load:29.84, Inflammation Score:-10, Nutrition Score:28.714347756427%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 422.36kcal (21.12%), Fat: 2.14g (3.29%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 106.55g (35.52%), Net Carbohydrates: 92.3g (33.56%), Sugar: 85.16g (94.63%), Cholesterol: 0mg (0%), Sodium: 25.92mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Vitamin C: 329.97mg (399.96%), Vitamin K: 89.62µg (85.35%), Vitamin A: 3585.05IU (71.7%), Fiber: 14.25g (57%), Folate: 190.83µg (47.71%), Copper: 0.76mg (38.13%), Potassium: 1272.23mg (36.35%), Vitamin E: 4.9mg (32.65%), Vitamin B6: 0.62mg (31.03%), Magnesium: 116.11mg (29.03%), Vitamin B1: 0.39mg (25.79%), Manganese: 0.37mg (18.59%), Vitamin B3: 3.19mg (15.93%), Calcium: 156.15mg (15.62%), Phosphorus: 126.47mg (12.65%), Vitamin B2: 0.21mg (12.55%), Vitamin B5: 1.02mg (10.21%), Iron: 1.8mg (10.02%), Zinc: 0.81mg (5.43%), Selenium: 3.28µg (4.69%)