



Tropical Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

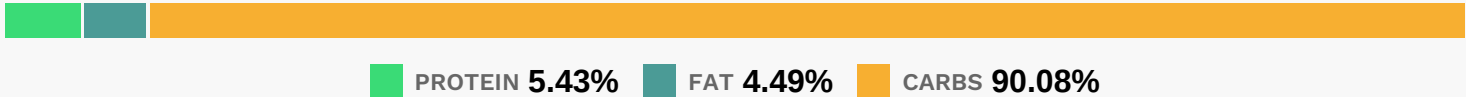
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon jalapeno fresh minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup mangos diced peeled finely (from 1)
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 cup papaya diced peeled finely (from 1)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup onion white finely chopped

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:1.91, Inflammation Score:-3, Nutrition Score:2.0539130685122%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 17.93kcal (0.9%), Fat: 0.1g (0.15%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.86g (1.4%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 147.25mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin C: 16.94mg (20.53%), Vitamin A: 296.64IU (5.93%), Folate: 13.18µg (3.29%), Fiber: 0.6g (2.4%), Potassium: 66.94mg (1.91%), Vitamin B6: 0.03mg (1.5%), Magnesium: 5.85mg (1.46%), Vitamin K: 1.45µg (1.38%), Manganese: 0.02mg (1.2%), Copper: 0.02mg (1.2%), Vitamin E: 0.17mg (1.11%)