



Tropical Yellow Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil fresh minced
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup mangos diced peeled
- ☐ 0.5 cup papaya diced peeled
- ☐ 0.5 cup onion diced red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup bell pepper diced yellow

☐

1 pound tomatoes diced yellow

Equipment

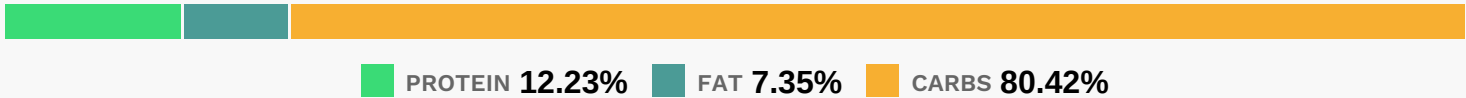
☐

bowl

Directions

- ☐ Combine all the ingredients in a bowl; toss well.
- ☐ Let stand at room temperature 2 hours.

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:5.9569565653801%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 34.73kcal (1.74%), Fat: 0.33g (0.5%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 6.73g (2.45%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 116.32mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin C: 44.34mg (53.75%), Folate: 39.71µg (9.93%), Potassium: 293.7mg (8.39%), Manganese: 0.15mg (7.26%), Vitamin A: 331.37IU (6.63%), Copper: 0.12mg (5.98%), Vitamin B3: 1.17mg (5.83%), Fiber: 1.32g (5.28%), Vitamin B6: 0.1mg (5.16%), Magnesium: 16.58mg (4.15%), Vitamin K: 4.14µg (3.95%), Phosphorus: 38.29mg (3.83%), Vitamin B1: 0.05mg (3.25%), Vitamin B2: 0.05mg (3.06%), Iron: 0.54mg (2.98%), Zinc: 0.29mg (1.92%), Calcium: 18.62mg (1.86%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.18mg (1.21%)