



Uncle Jon's Watermelon Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 large jalapeño peppers minced stemmed seeded
- ☐ 1 teaspoon salt
- ☐ 8 cups watermelon cubed seeded
- ☐ 0.5 large onion white chopped
- ☐ 1 cup citrus champagne vinegar

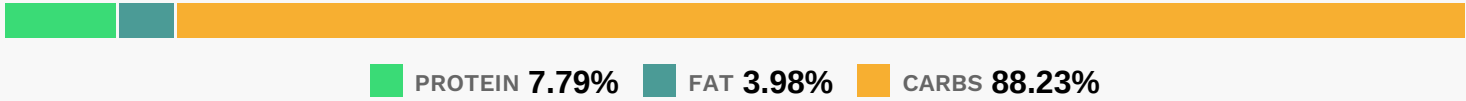
Equipment

bowl

Directions

Stir the watermelon, cilantro, onion, jalapeno peppers, garlic, vinegar, and salt together in a bowl until evenly mixed. Cover, and refrigerate overnight for best flavor.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:8.42, Inflammation Score:-6, Nutrition Score:4.2682608780654%

Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 57.39kcal (2.87%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.04g (4.38%), Sugar: 9.98g (11.09%), Cholesterol: 0mg (0%), Sodium: 295.66mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin C: 17.81mg (21.59%), Vitamin A: 970.34IU (19.41%), Potassium: 212.54mg (6.07%), Vitamin B6: 0.11mg (5.26%), Manganese: 0.1mg (5.23%), Magnesium: 18.31mg (4.58%), Vitamin B1: 0.06mg (3.87%), Copper: 0.08mg (3.84%), Vitamin K: 3.95µg (3.76%), Vitamin B5: 0.37mg (3.69%), Fiber: 0.91g (3.64%), Iron: 0.56mg (3.11%), Phosphorus: 24.37mg (2.44%), Vitamin B2: 0.04mg (2.31%), Folate: 7.93µg (1.98%), Calcium: 17.22mg (1.72%), Vitamin B3: 0.34mg (1.71%), Vitamin E: 0.23mg (1.53%), Zinc: 0.2mg (1.31%), Selenium: 0.79µg (1.12%)