



Watermelon Fire and Ice Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 tablespoon green onions chopped
- ☐ 1 tablespoon jalapeno chopped
- ☐ 2 tablespoons juice of lime
- ☐ 3 cups watermelon chopped

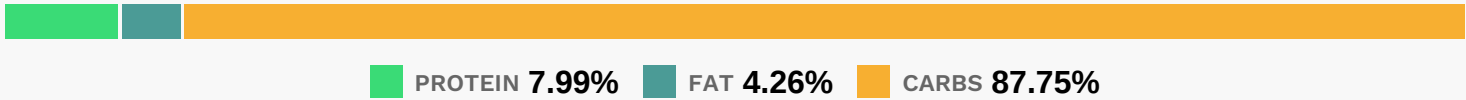
Equipment

bowl

Directions

- In a large bowl, combine the watermelon, green bell pepper, lime juice, cilantro, green onions, jalapeno and garlic salt.
- Mix well and serve.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:6.21, Inflammation Score:-6, Nutrition Score:4.6108695087226%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 41.41kcal (2.07%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.51g (3.46%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 292.98mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin C: 31.24mg (37.87%), Vitamin A: 790.2IU (15.8%), Vitamin K: 5.96µg (5.67%), Vitamin B6: 0.11mg (5.64%), Potassium: 183.59mg (5.25%), Fiber: 0.95g (3.81%), Manganese: 0.08mg (3.75%), Magnesium: 14.78mg (3.7%), Vitamin B1: 0.05mg (3.5%), Copper: 0.07mg (3.29%), Vitamin B5: 0.29mg (2.94%), Iron: 0.38mg (2.12%), Folate: 8.13µg (2.03%), Vitamin B2: 0.03mg (2.03%), Vitamin E: 0.29mg (1.93%), Phosphorus: 18.94mg (1.89%), Vitamin B3: 0.36mg (1.81%), Calcium: 12.74mg (1.27%), Zinc: 0.16mg (1.05%)