

Watermelon Salsa

 Vegetarian

READY IN

ready

15 min.

SERVINGS

servings

3

CALORIES

calories

264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cucumber diced peeled seeded
- ☐ 8 basil leaves fresh finely chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh from 3 limes
- ☐ 1.5 teaspoons lime zest from 1 lime
- ☐ 1 mangos diced peeled
- ☐ 3 servings pepper freshly ground

- ☐ 3 servings pita chips for serving
- ☐ 1 small onion red finely chopped
- ☐ 1 tablespoon sugar
- ☐ 3 cups watermelon seeded finely chopped

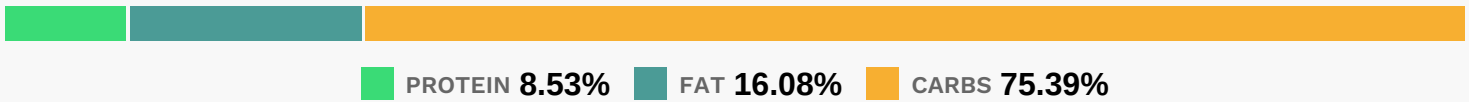
Equipment

- ☐ bowl

Directions

- ☐ Stir together the lime zest, lime juice, sugar and 3/4 teaspoon pepper in a bowl.
- ☐ Add the watermelon, cucumber, mango, jalapeno, onion and basil and toss gently. Chill the salsa until ready to serve.
- ☐ Add the garlic salt just before serving.
- ☐ Serve with chips.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:134.84, Glycemic Load:16.77, Inflammation Score:-9, Nutrition Score:15.669565491054%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 264.22kcal (13.21%), Fat: 5g (7.69%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 52.72g (17.57%), Net Carbohydrates: 48.34g (17.58%), Sugar: 27.69g (30.77%), Cholesterol: 0mg (0%), Sodium: 633.04mg (27.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin C: 55.41mg (67.16%), Vitamin A: 1801.9IU (36.04%), Folate: 97.1µg (24.27%), Manganese: 0.44mg (21.98%), Vitamin E: 2.9mg (19.32%), Vitamin B1: 0.28mg (18.79%), Fiber: 4.38g (17.52%), Potassium: 552.64mg (15.79%), Vitamin K: 16.31µg (15.54%), Vitamin B6: 0.31mg (15.28%), Selenium: 10.65µg (15.21%), Vitamin B3: 2.88mg (14.42%), Copper: 0.28mg (13.97%), Magnesium: 51.36mg (12.84%), Iron: 2.14mg (11.9%), Vitamin B2: 0.19mg (11.01%), Phosphorus: 97.71mg (9.77%), Vitamin B5: 0.94mg (9.42%), Calcium: 51.75mg (5.17%), Zinc: 0.75mg (5%)