



Watermelon Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 0.3 teaspoon hot sauce such as tabasco, or to taste
- 0.3 cup orange juice
- 1 cup pineapple crushed drained well
- 1 cup onion sweet minced
- 2 cups watermelon seeded finely chopped (do not puree)

Equipment

- bowl

Directions

Stir the watermelon, pineapple, and onion together with the cilantro, orange juice, and hot sauce in a bowl. Cover, and refrigerate at least 30 minutes before serving.

Nutrition Facts



PROTEIN 5.69% **FAT 2.61%** **CARBS 91.7%**

Properties

Glycemic Index:39.67, Glycemic Load:4.88, Inflammation Score:-6, Nutrition Score:4.6521738663964%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 78.32kcal (3.92%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 18.12g (6.59%), Sugar: 16.47g (18.3%), Cholesterol: 0mg (0%), Sodium: 11.77mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin C: 21.84mg (26.48%), Vitamin A: 561.3IU (11.23%), Vitamin B1: 0.12mg (7.77%), Vitamin B6: 0.14mg (6.93%), Potassium: 242.63mg (6.93%), Copper: 0.13mg (6.34%), Fiber: 1.49g (5.97%), Magnesium: 22.05mg (5.51%), Folate: 19.72µg (4.93%), Vitamin K: 3.73µg (3.55%), Manganese: 0.07mg (3.29%), Iron: 0.5mg (2.79%), Phosphorus: 26.44mg (2.64%), Calcium: 25.18mg (2.52%), Vitamin B2: 0.04mg (2.52%), Vitamin B5: 0.24mg (2.43%), Vitamin B3: 0.43mg (2.15%), Zinc: 0.2mg (1.33%), Selenium: 0.77µg (1.09%)