



Watermelon Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 jalapeño peppers minced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup nectarines diced unpeeled
- ☐ 2 teaspoons orange zest
- ☐ 0.3 cup onion diced red
- ☐ 1 tablespoon sugar

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2 cups watermelon diced seeded

Equipment

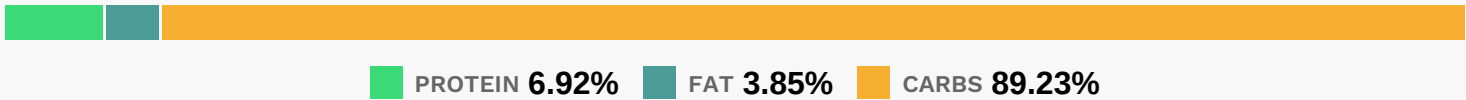
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bowl

Directions

- ☐ Stir together first 6 ingredients in a large bowl; let stand 15 minutes.
- ☐ Add watermelon and next 2 ingredients, and gently toss to coat.
- ☐ Serve immediately, or cover and chill up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:0.92347825739695%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 12.14kcal (0.61%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.73g (0.99%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin C: 4.36mg (5.29%), Vitamin A: 154.33IU (3.09%), Vitamin K: 1.68µg (1.6%), Fiber: 0.3g (1.19%), Potassium: 39.74mg (1.14%)