



Watermelon Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cucumber diced peeled seeded
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.8 teaspoon ground pepper black
- ☐ 2 jalapeño peppers minced seeded
- ☐ 0.3 cup juice of lime fresh (3 limes)
- ☐ 1.5 teaspoons lime rind grated
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 20 servings tortilla chips
- ☐ 3 cups watermelon seeded finely chopped

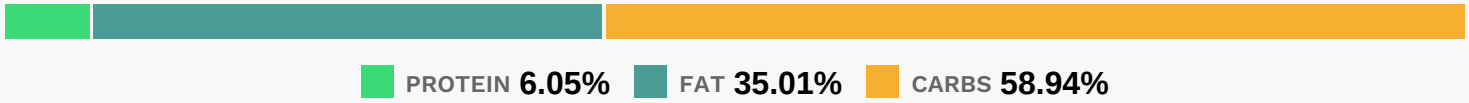
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients in a large bowl.
- ☐ Add watermelon and next 4 ingredients, gently tossing to coat. Chill until ready to serve. Stir in salt just before serving.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:1.74, Inflammation Score:-3, Nutrition Score:3.5891304223434%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 145.37kcal (7.27%), Fat: 5.87g (9.03%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 20.41g (7.42%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 150.72mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin K: 8.61µg (8.2%), Fiber: 1.82g (7.29%), Magnesium: 28.58mg (7.15%), Vitamin E: 1.07mg (7.1%), Phosphorus: 70.34mg (7.03%), Vitamin C: 5.14mg (6.23%), Vitamin B5: 0.43mg (4.31%), Vitamin B6: 0.08mg (3.91%), Vitamin B1: 0.05mg (3.59%), Calcium: 35.38mg (3.54%), Vitamin A: 174.33IU (3.49%), Potassium: 108.89mg (3.11%), Iron: 0.54mg (3.01%), Zinc: 0.45mg (2.97%), Copper: 0.05mg (2.6%),

Selenium: 1.37µg (1.95%), Folate: 7.43µg (1.86%), Manganese: 0.04mg (1.86%), Vitamin B2: 0.03mg (1.8%), Vitamin B3: 0.31mg (1.55%)