



Watermelon Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



265 min.

SERVINGS



6

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cantaloupe chopped
- 0.3 cup cilantro leaves fresh chopped
- 6 servings salt and ground pepper black to taste
- 1 jalapeno seeded chopped
- 0.3 cup juice of lime fresh
- 1.5 cups onion red chopped
- 1 tomatoes seeded chopped
- 1 cup watermelon chopped

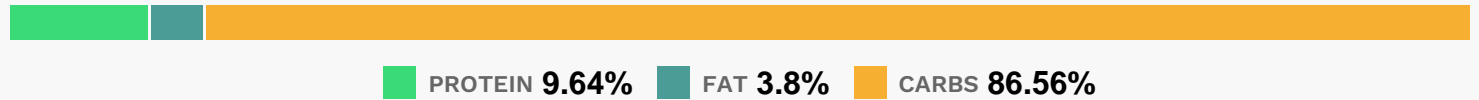
Equipment

bowl

Directions

Mix red onion, cantaloupe, watermelon, tomato, jalapeno pepper, lime juice, and cilantro in a large bowl; season with salt and black pepper. Refrigerate at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:50.53, Glycemic Load:3.75, Inflammation Score:-8, Nutrition Score:4.5478261294572%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 39.96kcal (2%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 8.32g (3.03%), Sugar: 6.18g (6.87%), Cholesterol: 0mg (0%), Sodium: 11.48mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin A: 1293.31IU (25.87%), Vitamin C: 16.7mg (20.24%), Manganese: 0.12mg (5.76%), Potassium: 199.61mg (5.7%), Fiber: 1.39g (5.56%), Vitamin B6: 0.1mg (5.07%), Vitamin K: 5.25µg (5%), Folate: 17.24µg (4.31%), Magnesium: 13.76mg (3.44%), Vitamin B1: 0.05mg (3.43%), Copper: 0.07mg (3.38%), Phosphorus: 26.34mg (2.63%), Vitamin B3: 0.45mg (2.26%), Iron: 0.34mg (1.88%), Vitamin B2: 0.03mg (1.86%), Calcium: 18mg (1.8%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.26mg (1.74%), Selenium: 0.79µg (1.12%)