



Watermelon Vidalia® Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pepper flakes diced seeded
- 0.3 teaspoon coarse salt
- 2 tablespoons cilantro leaves fresh chopped
- 1 clove garlic minced
- 2 pinches garlic powder
- 1 cup onion sweet chopped vidalia® (such as)
- 2 cups watermelon diced

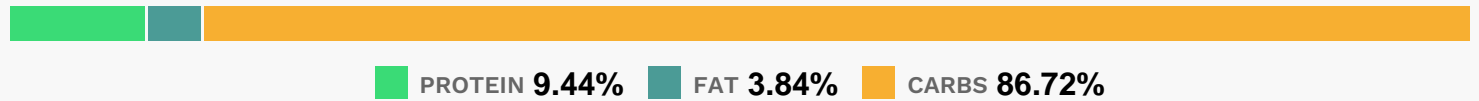
Equipment

- bowl
- plastic wrap

Directions

- Combine the watermelon, onion, serrano chile peppers, garlic, and cilantro in a large bowl; add the salt and garlic powder and stir to combine. Cover the bowl with plastic wrap and refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:62.22, Glycemic Load:6.02, Inflammation Score:-7, Nutrition Score:5.5430435408717%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 57.22kcal (2.86%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 12.63g (4.59%), Sugar: 9.78g (10.87%), Cholesterol: 0mg (0%), Sodium: 201.11mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin C: 32.72mg (39.65%), Vitamin A: 738IU (14.76%), Vitamin B6: 0.21mg (10.73%), Potassium: 238.65mg (6.82%), Manganese: 0.13mg (6.6%), Copper: 0.1mg (4.95%), Folate: 19.27µg (4.82%), Magnesium: 19.22mg (4.81%), Fiber: 1.2g (4.8%), Vitamin B1: 0.07mg (4.75%), Phosphorus: 36.41mg (3.64%), Iron: 0.6mg (3.32%), Vitamin B5: 0.32mg (3.19%), Vitamin K: 3.21µg (3.05%), Vitamin B2: 0.05mg (2.78%), Vitamin B3: 0.45mg (2.27%), Calcium: 22.5mg (2.25%), Zinc: 0.24mg (1.62%), Selenium: 1.05µg (1.5%), Vitamin E: 0.18mg (1.18%)