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## Blueberry-Peach Salsa ♦♦

This refreshing and tangy salsa is the perfect summer appetizer. Made with fresh blueberries and peaches, it's a delicious combination of sweet and savory flavors. Serve it with tortilla chips or as a topping for grilled chicken or fish.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

250 g	blueberries
250 g	peaches
50 g	red onion
15 g	Jalapeño pepper
30 ml	lime juice

15 g	fresh cilantro
5 g	salt
2 g	black pepper

## Directions

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### Step 1

Cut

Dice the peaches, red onion, and jalapeno pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a bowl, combine the diced peaches, blueberries, red onion, jalapeno pepper, lime juice, fresh cilantro, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Serving

Serve chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 45 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 11 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	11 g	20%	22%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	90 mg	3.91%	3.91%
Calcium	1 mg	0.1%	0.1%
Iron	1 mg	12.5%	5.56%
Potassium	80 mg	2.35%	3.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

**Seasonality**

Summer

**Meal Type**

Breakfast

Lunch

Snack

Supper

## Events

Picnic

## Course

Side Dishes

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Ramadan

## Diet

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

The Fast Metabolism Diet

The 80/10/10 Diet

The Gerson Therapy

## Difficulty Level

Medium

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