

Caribbean Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 jalapeno seeded finely chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 medium pineapple fresh finely chopped
- ☐ 0.5 medium bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 oz hunt's tomato sauce with roasted garlic canned
- ☐ 5 servings tortilla chips

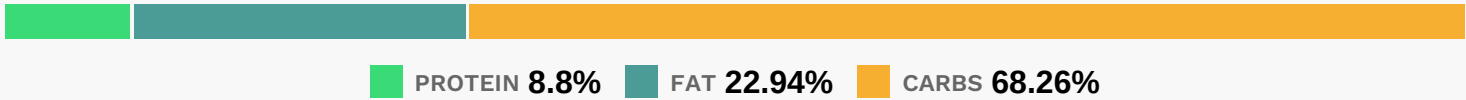
Equipment

☐ bowl

Directions

- ☐ Hands On: 15 minutes Total: 45 minutes
- ☐ Combine tomato sauce, bell peppers, pineapple, jalapeno peppers, basil, lime juice and salt in medium bowl; cover. Refrigerate at least 30 minutes to allow flavors to blend.
- ☐ Serve with tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:44.53, Glycemic Load:7.5, Inflammation Score:-7, Nutrition Score:13.878261006397%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 226.8kcal (11.34%), Fat: 6.13g (9.42%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 37.6g (13.67%), Sugar: 5.74g (6.38%), Cholesterol: 0mg (0%), Sodium: 216.89mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Vitamin C: 53.72mg (65.11%), Manganese: 1.2mg (60.13%), Vitamin B6: 0.71mg (35.31%), Phosphorus: 140.35mg (14.03%), Fiber: 3.41g (13.65%), Calcium: 120.57mg (12.06%), Vitamin B1: 0.17mg (11.58%), Selenium: 7.74µg (11.06%), Copper: 0.22mg (10.96%), Magnesium: 42.68mg (10.67%), Vitamin K: 11.12µg (10.59%), Vitamin A: 462.55IU (9.25%), Potassium: 316.65mg (9.05%), Vitamin E: 1.28mg (8.57%), Iron: 1.41mg (7.84%), Vitamin B5: 0.75mg (7.46%), Zinc: 1.01mg (6.72%), Vitamin B2: 0.1mg (5.65%), Folate: 19.56µg (4.89%), Vitamin B3: 0.92mg (4.62%)