



Cranberry Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cilantro leaves packed coarsely chopped
- 12 ounces cranberries fresh frozen ()
- 0.3 cup t brown sugar dark packed to taste
- 1 medium onion chopped
- 0.3 cup orange juice fresh (or 2 tablespoon each of lime juice and regular orange juice)
- 4 pounds pineapple cored peeled cut into 1/2-inch pieces
- 1 tablespoon vegetable oil

Equipment

- food processor
- bowl
- frying pan
- oven

Directions

- Preheat oven to 450°F with rack in upper third.
- Toss pineapple and onion with oil and 1/2 teaspoon salt in a large 4-sided sheet pan, then roast, stirring occasionally, until charred in spots, 40 minutes to 1 hour.
- Meanwhile, pulse cranberries in a food processor until coarsely chopped, then transfer to a large bowl and stir in 1/3 cup brown sugar.
- Add hot roasted-pineapple mixture, stirring until sugar has dissolved, then stir in citrus juice. Season with brown sugar and salt. Cool, then stir in cilantro.
- Let stand, covered, 1 hour.
- Salsa, without cilantro, can be made 3 days ahead and chilled. Bring to room temperature and add cilantro before serving.

Nutrition Facts



■ PROTEIN 3.21%
 ■ FAT 8.89%
 ■ CARBS 87.9%

Properties

Glycemic Index:26.83, Glycemic Load:17.88, Inflammation Score:-7, Nutrition Score:15.250434717406%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin:

0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

Nutrients (% of daily need)

Calories: 192.27kcal (9.61%), Fat: 2.07g (3.18%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 40.96g (14.89%), Sugar: 34.3g (38.11%), Cholesterol: 0mg (0%), Sodium: 7.23mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin C: 119.79mg (145.21%), Manganese: 2.29mg (114.43%), Fiber: 5.01g (20.05%), Vitamin B6: 0.3mg (15.23%), Copper: 0.29mg (14.54%), Vitamin B1: 0.2mg (13.26%), Vitamin K: 13.1µg (12.48%), Folate: 47.52µg (11.88%), Potassium: 339.41mg (9.7%), Magnesium: 33.34mg (8.33%), Vitamin B5: 0.66mg (6.64%), Vitamin B3: 1.26mg (6.28%), Vitamin A: 307.79IU (6.16%), Vitamin E: 0.8mg (5.34%), Vitamin B2: 0.09mg (5.32%), Iron: 0.9mg (5%), Calcium: 45.85mg (4.58%), Phosphorus: 29.45mg (2.95%), Zinc: 0.35mg (2.34%)