



Fresh Pineapple, Chile, and Black Pepper Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground cardamom
- ☐ 2 tablespoons jalapeno finely chopped
- ☐ 0.5 cup kiwifruit peeled chopped
- ☐ 0.5 teaspoon lime rind grated
- ☐ 1 cup pineapple fresh chopped

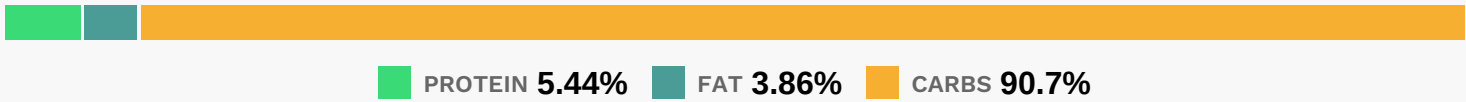
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 Dash salt
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 0.5 teaspoon sugar

Equipment

Directions

- ☐ Combine all ingredients, tossing gently.
- ☐ Let stand 1 hour.

Nutrition Facts



Properties

Glycemic Index:65.24, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:3.89999999813412%

Flavonoids

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 27.27kcal (1.36%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.68g (2.06%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 7.9mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin C: 30.43mg (36.89%), Manganese: 0.3mg (15.15%), Vitamin K: 7.63µg (7.26%), Fiber: 1.07g (4.26%), Vitamin B6: 0.07mg (3.27%), Copper: 0.06mg (2.77%), Folate: 10.88µg (2.72%), Vitamin E: 0.38mg (2.54%), Potassium: 78.95mg (2.26%), Vitamin B1: 0.03mg (1.97%), Vitamin A: 92.29IU (1.85%), Magnesium: 7.05mg (1.76%), Vitamin B3: 0.26mg (1.32%), Calcium: 10.94mg (1.09%), Vitamin B5: 0.11mg (1.08%), Vitamin B2: 0.02mg (1.03%)