



## Grilled Pineapple-Avocado Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 avocado
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 pineapple cored peeled cut into 1/2-inch-thick slices

- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chile minced

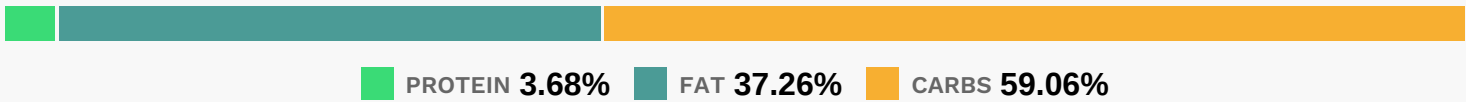
## Equipment

- ☐ grill

## Directions

- ☐ Preheat grill to high heat.
- ☐ Combine oil and honey, stirring well.
- ☐ Brush oil mixture over pineapple.
- ☐ Place pineapple on a grill rack coated with cooking spray; grill 2 minutes on each side or until golden.
- ☐ Remove from grill; cool 5 minutes. Chop.
- ☐ Combine pineapple, onion, and next 6 ingredients (through serrano); toss gently.
- ☐ Peel, seed, and dice avocado.
- ☐ Add avocado to the pineapple mixture, and toss gently.

## Nutrition Facts



## Properties

Glycemic Index:41.16, Glycemic Load:12.3, Inflammation Score:-6, Nutrition Score:13.605217220991%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 165.78kcal (8.29%), Fat: 7.5g (11.55%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 22.13g (8.05%), Sugar: 18.43g (20.48%), Cholesterol: 0mg (0%), Sodium: 198.83mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 77.64mg (94.1%), Manganese: 1.47mg (73.59%), Fiber: 4.63g (18.54%), Folate: 57.12µg (14.28%), Vitamin B6: 0.28mg (13.9%), Copper: 0.24mg (11.96%), Vitamin K: 11.87µg (11.3%), Potassium: 356.04mg (10.17%), Vitamin B1: 0.15mg (9.89%), Vitamin B5: 0.81mg (8.09%), Vitamin E: 1.14mg (7.62%), Magnesium: 29.93mg (7.48%), Vitamin B3: 1.4mg (6.98%), Vitamin B2: 0.1mg (5.86%), Vitamin A: 262.59IU (5.25%), Iron: 0.76mg (4.23%), Phosphorus: 34.18mg (3.42%), Zinc: 0.43mg (2.9%), Calcium: 27.96mg (2.8%)