



Grilled Pineapple-Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoons chipotles in adobo canned chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.8 teaspoon lime zest
- ☐ 3 small mangos peeled chopped
- ☐ 1 pineapple cored peeled sliced
- ☐ 1 bell pepper red chopped
- ☐ 0.8 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 0.5 onion sweet cut into wedges

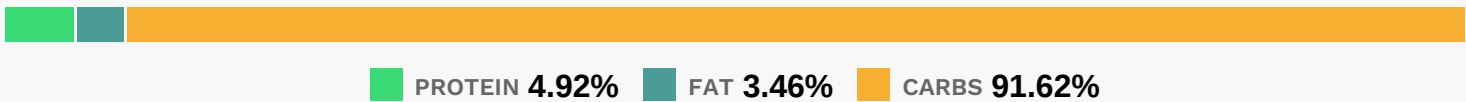
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400). Grill pineapple and onion 5 minutes or until well marked but not cooked through. Chop and place in a large bowl.
- ☐ Stir in mangoes and remaining ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:5.41, Inflammation Score:-5, Nutrition Score:5.8013044194035%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 46.65kcal (2.33%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 10.54g (3.83%), Sugar: 9.53g (10.59%), Cholesterol: 0mg (0%), Sodium: 89.04mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 41.71mg (50.56%), Manganese: 0.45mg (22.69%), Vitamin A: 567.75IU (11.36%), Folate: 26.53µg (6.63%), Vitamin B6: 0.12mg (5.85%), Fiber: 1.37g (5.49%), Copper: 0.09mg (4.56%), Potassium: 128.01mg (3.66%), Vitamin B1: 0.05mg (3.45%), Vitamin K: 2.78µg (2.65%),

Vitamin E: 0.4mg (2.64%), Magnesium: 10.25mg (2.56%), Vitamin B3: 0.51mg (2.55%), Vitamin B2: 0.03mg (1.99%),
Vitamin B5: 0.19mg (1.89%), Iron: 0.24mg (1.34%), Phosphorus: 12.2mg (1.22%), Calcium: 11.94mg (1.19%)