



Grilled Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp cilantro leaves finely chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 1 Tbsp jalapeño peppers seeded finely chopped
- 1 cup pineapple chunks fresh (1 inch)
- 2 Tbsp onion red finely chopped

Equipment

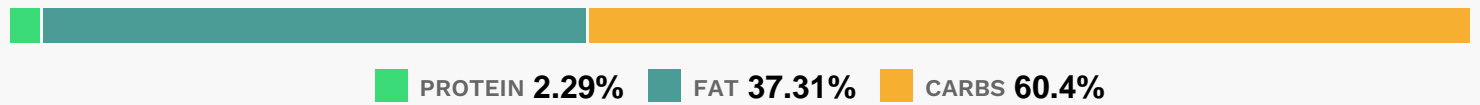
- bowl
- grill

skewers

Directions

- Preheat grill to medium-high heat. Insert pineapple chunks onto skewers.
- Brush with 2 Tbsp. dressing. Set remaining dressing aside for later use.
- Grill 3 to 5 min. on each side or until heated through.
- Remove pineapple from skewers. Finely chop pineapple; place in small bowl.
- Add reserved 2 Tbsp. dressing, onions, cilantro and peppers; mix lightly.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.58086956470557%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 19.53kcal (0.98%), Fat: 0.85g (1.3%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.74g (3.05%), Cholesterol: 0mg (0%), Sodium: 39.13mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin C: 2.1mg (2.55%), Vitamin K: 2.44µg (2.32%), Vitamin B1: 0.02mg (1.19%)