



Grilled-Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon brown sugar
- 1 chipotles in adobo canned minced drained
- 1.5 teaspoons candied ginger minced
- 0.5 cup cilantro leaves fresh chopped
- 2 jalapeno minced seeded
- 3 tablespoons juice of lime fresh
- 5 inch pineapple fresh ()
- 1 bell pepper red

0.5 cup onion red finely chopped

1 bell pepper yellow

Equipment

grill

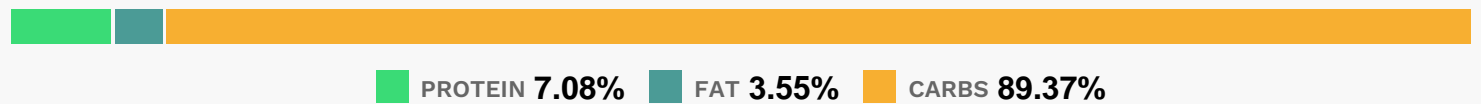
Directions

Preheat grill.

Place first 3 ingredients on a grill rack coated with cooking spray; grill 3 minutes on each side. Discard stems and seeds from bell peppers; dice pineapple and bell peppers.

Combine pineapple, bell pepper, onion, and remaining ingredients; toss gently.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:4.5160868899978%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 22.44kcal (1.12%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 2.28mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 47.95mg (58.12%), Vitamin A: 537.53IU (10.75%), Vitamin B6: 0.09mg (4.49%), Vitamin K: 4.05µg (3.86%), Fiber: 0.87g (3.46%), Folate: 13.37µg (3.34%), Manganese: 0.06mg (3.17%), Potassium: 90.42mg (2.58%), Vitamin E: 0.36mg (2.37%), Vitamin B3: 0.32mg (1.61%), Magnesium: 5.45mg (1.36%), Copper: 0.03mg (1.34%), Vitamin B2: 0.02mg (1.28%), Vitamin B1: 0.02mg (1.28%), Iron: 0.22mg (1.21%), Phosphorus: 11.29mg (1.13%), Vitamin B5: 0.1mg (1.01%)