



Grilled Pineapple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 jalapeño chili pepper diced finely
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 juice of lime
- ☐ 0.5 pineapple cored peeled sliced
- ☐ 0.5 onion diced red
- ☐ 4 servings salt to taste

Equipment

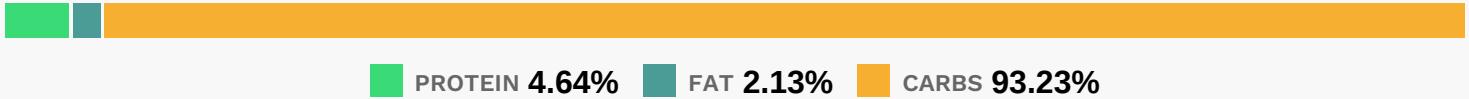
- ☐ frying pan

☐ grill

Directions

☐ Heat your grill (pan) over medium-high heat. Lightly brush the pineapple slices with oil and grill for 2 minutes on each side. Dice the pineapple and mix all of the ingredients.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:8.09, Inflammation Score:-5, Nutrition Score:8.6252173625905%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 65.18kcal (3.26%), Fat: 0.17g (0.27%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.03g (5.46%), Sugar: 12.01g (13.34%), Cholesterol: 0mg (0%), Sodium: 196.19mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin C: 61.76mg (74.86%), Manganese: 1.08mg (53.8%), Vitamin B6: 0.16mg (8.11%), Fiber: 1.97g (7.89%), Copper: 0.14mg (6.79%), Vitamin B1: 0.1mg (6.64%), Folate: 25.29µg (6.32%), Potassium: 166.09mg (4.75%), Vitamin K: 4.64µg (4.42%), Magnesium: 16.34mg (4.08%), Vitamin A: 174.85IU (3.5%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.28mg (2.84%), Vitamin B2: 0.05mg (2.65%), Iron: 0.39mg (2.18%), Calcium: 20.13mg (2.01%), Phosphorus: 15.48mg (1.55%), Vitamin E: 0.19mg (1.28%), Zinc: 0.18mg (1.17%)