



Mexican Pineapple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

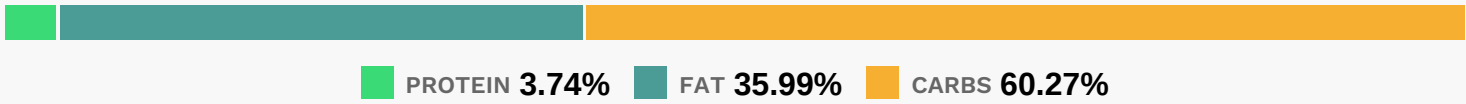
- ☐ 7 ounce avocado cut into cubes
- ☐ 0.5 pound jicama peeled cut into 1/4-inch pieces
- ☐ 2 tablespoons olive oil
- ☐ 3 pound pineapple diced peeled
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 tablespoon vinegar white

Equipment

Directions

☐ Toss together all ingredients with 3/4 teaspoon salt and 1/2 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:24.46, Inflammation Score:-8, Nutrition Score:21.379130436027%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 341.62kcal (17.08%), Fat: 14.77g (22.73%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 44.46g (16.17%), Sugar: 35.71g (39.67%), Cholesterol: 0mg (0%), Sodium: 10.16mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin C: 180.51mg (218.8%), Manganese: 3.29mg (164.3%), Fiber: 11.2g (44.82%), Folate: 112.02µg (28.01%), Vitamin B6: 0.56mg (27.82%), Copper: 0.5mg (25.19%), Vitamin B1: 0.32mg (21.5%), Potassium: 725.83mg (20.74%), Vitamin K: 17.26µg (16.44%), Magnesium: 64.05mg (16.01%), Vitamin E: 2.37mg (15.79%), Vitamin B5: 1.51mg (15.15%), Vitamin B3: 2.7mg (13.5%), Vitamin B2: 0.2mg (11.48%), Iron: 1.68mg (9.34%), Phosphorus: 69.18mg (6.92%), Calcium: 61.89mg (6.19%), Zinc: 0.85mg (5.67%), Vitamin A: 282.05IU (5.64%), Selenium: 1.06µg (1.51%)