

Papaya-Pineapple Relish

 Vegetarian  Vegan  Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- 1 cup papaya diced
- 1 cup pineapple diced
- 4 servings try build-a-meal
- 0.3 cup sugar

Equipment

- sauce pan

Directions

Place all ingredients in a medium heavy saucepan. Bring to a boil, stirring constantly; reduce heat, and simmer, uncovered, 20 minutes, stirring occasionally.

Nutrition Facts



PROTEIN 1.92% **FAT 1.81%** **CARBS 96.27%**

Properties

Glycemic Index:46.88, Glycemic Load:16.34, Inflammation Score:-4, Nutrition Score:5.2621740413749%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 103.08kcal (5.15%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 25.07g (9.12%), Sugar: 23.44g (26.05%), Cholesterol: 0mg (0%), Sodium: 3.39mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 41.03mg (49.74%), Manganese: 0.46mg (23.2%), Vitamin A: 356.54IU (7.13%), Fiber: 1.4g (5.59%), Folate: 20.52µg (5.13%), Magnesium: 14.78mg (3.69%), Copper: 0.07mg (3.46%), Potassium: 116.3mg (3.32%), Vitamin B6: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.91%), Vitamin B3: 0.39mg (1.93%), Vitamin B2: 0.03mg (1.7%), Vitamin B5: 0.17mg (1.7%), Iron: 0.28mg (1.55%), Phosphorus: 13.12mg (1.31%), Calcium: 13.09mg (1.31%), Selenium: 0.86µg (1.23%), Vitamin K: 1.26µg (1.2%)