



## Pineapple and Avocado Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 medium avocado pitted cubed halved
- ☐ 2 tablespoons cilantro leaves minced
- ☐ 1 tablespoon honey
- ☐ 1 small jalapeño diced seeds removed and
- ☐ 5 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 14 ounce pineapple in juice drained sliced canned

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0.5 onion red finely chopped

## Equipment

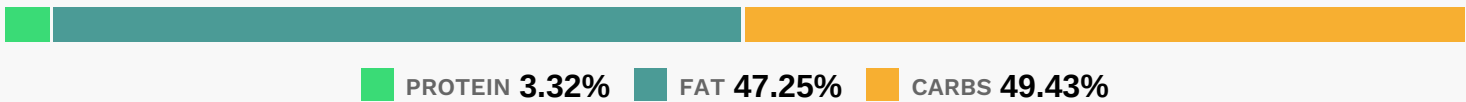
☐

bowl

## Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, make the dressing by mixing 2 tablespoons of pineapple juice with the lime juice, honey, oil and jalapeno. Season with salt and pepper, to taste.
- ☐ Add the pineapple and onion. Gently fold in the avocado and cilantro.
- ☐ Let the flavors blend for at least 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:43.05, Glycemic Load:2.37, Inflammation Score:-4, Nutrition Score:6.1886957132298%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 155.72kcal (7.79%), Fat: 8.82g (13.58%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 16.73g (6.08%), Sugar: 15.67g (17.41%), Cholesterol: 0mg (0%), Sodium: 4.51mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Vitamin C: 16.58mg (20.1%), Fiber: 4.04g (16.16%), Vitamin K: 11.92µg (11.36%), Folate: 39.88µg (9.97%), Vitamin B6: 0.19mg (9.52%), Potassium: 324.29mg (9.27%), Vitamin E: 1.37mg (9.1%), Copper: 0.17mg (8.55%), Vitamin B1: 0.12mg (7.67%), Magnesium: 25.62mg (6.41%), Vitamin B5: 0.59mg (5.9%), Vitamin B3: 0.99mg (4.93%), Manganese: 0.09mg (4.57%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 31.2mg (3.12%), Iron: 0.52mg (2.9%), Vitamin A: 141.63IU (2.83%), Zinc: 0.37mg (2.49%), Calcium:

21.64mg (2.16%)