



Pineapple and Banana Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

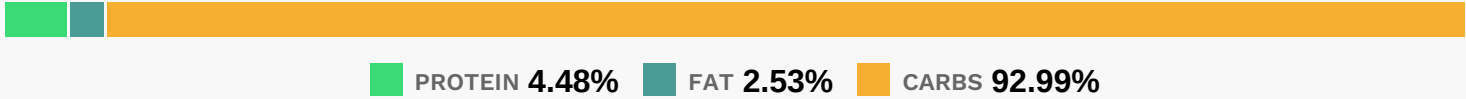
- ☐ 2 bananas peeled cut into small pieces
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 jalapeno diced seeded
- ☐ 1 juice of lime
- ☐ 0.5 pineapple cored peeled cut into small pieces
- ☐ 0.3 cup onion diced red

Equipment

Directions

☐ Mix everything.

Nutrition Facts



Properties

Glycemic Index:51.11, Glycemic Load:14.54, Inflammation Score:-5, Nutrition Score:11.113043546677%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 116.19kcal (5.81%), Fat: 0.36g (0.56%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 26.66g (9.69%), Sugar: 19.04g (21.16%), Cholesterol: 0mg (0%), Sodium: 2.84mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 66.62mg (80.75%), Manganese: 1.23mg (61.49%), Vitamin B6: 0.37mg (18.71%), Fiber: 3.44g (13.77%), Potassium: 371.79mg (10.62%), Folate: 36.38µg (9.09%), Copper: 0.18mg (9.01%), Magnesium: 31.89mg (7.97%), Vitamin B1: 0.12mg (7.75%), Vitamin B3: 1.04mg (5.18%), Vitamin B2: 0.09mg (5.13%), Vitamin B5: 0.48mg (4.76%), Vitamin K: 4.92µg (4.69%), Vitamin A: 212.53IU (4.25%), Iron: 0.54mg (2.98%), Phosphorus: 27.37mg (2.74%), Calcium: 22.1mg (2.21%), Zinc: 0.26mg (1.71%), Vitamin E: 0.25mg (1.67%), Selenium: 0.78µg (1.12%)