



Pineapple and Roasted Poblano Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cilantro leaves fresh finely chopped
- 0.3 teaspoon kosher salt
- 3 tablespoons juice of lime fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 medium pineapple cored peeled cut into 1/4-inch dice (4 cups)
- 0.5 pound poblano pepper fresh
- 0.3 cup onion diced red finely

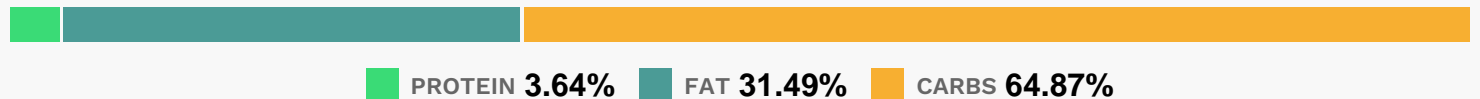
Equipment

- bowl
- baking sheet
- plastic wrap
- broiler
- tongs

Directions

- Preheat broiler.
- On large rimmed baking sheet, broil peppers 2 inches from heat, turning occasionally with tongs, until blistered and blackened on all sides, 5 to 8 minutes. (Alternatively, char by holding with tongs over gas flame, turning until blistered on all sides.)
- Transfer to medium bowl, cover tightly with plastic wrap, and let steam 10 minutes.
- Peel, core, and seed peppers, then cut into 1/4-inch dice. In large bowl, combine peppers and remaining ingredients and toss well. (Salsa can be made up to 1 day ahead and refrigerated until ready to serve.)

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:15.92, Inflammation Score:-8, Nutrition Score:16.039999948895%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 193.93kcal (9.7%), Fat: 7.4g (11.38%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 29.87g (10.86%), Sugar: 24.28g (26.98%), Cholesterol: 0mg (0%), Sodium: 151.02mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin C: 158.39mg (191.99%), Manganese: 2.21mg (110.31%), Vitamin B6: 0.4mg (20%), Fiber: 4.43g (17.74%), Vitamin K: 16.51µg (15.72%), Copper: 0.3mg (14.98%), Vitamin B1: 0.22mg (14.66%), Folate: 50.68µg (12.67%), Potassium: 385.78mg (11.02%), Vitamin A: 482.48IU (9.65%), Vitamin E: 1.34mg (8.94%), Magnesium: 35.46mg (8.86%), Vitamin B3: 1.45mg (7.27%), Vitamin B5: 0.58mg (5.77%), Vitamin B2: 0.1mg (5.65%), Iron: 0.97mg (5.38%), Calcium: 41.01mg (4.1%), Phosphorus: 35.07mg (3.51%), Zinc: 0.38mg (2.55%)