



Pineapple-Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado cut into 1/4-inch dice
- 0.3 cup cilantro leaves fresh chopped
- 1.5 teaspoons jalapeno fresh minced
- 3 tablespoons juice of lime fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 3 tablespoons orange juice fresh
- 1 cup pineapple fresh
- 2 plum tomatoes seeded cut into 1/4-inch dice

0.5 cup onion sweet chopped

Equipment

Directions

Stir all ingredients together and season with salt.

Nutrition Facts



PROTEIN 3.71% **FAT 66.27%** **CARBS 30.02%**

Properties

Glycemic Index:42.11, Glycemic Load:2.81, Inflammation Score:-5, Nutrition Score:6.9452172828757%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 122.81kcal (6.14%), Fat: 9.71g (14.93%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 6.79g (2.47%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 5.39mg (0.23%), Alcohol: 0g (100%), Protein: 1.22g (2.45%), Vitamin C: 28.13mg (34.1%), Manganese: 0.34mg (17.14%), Vitamin K: 14.06µg (13.39%), Fiber: 3.1g (12.39%), Folate: 42.3µg (10.58%), Vitamin E: 1.57mg (10.44%), Potassium: 289.69mg (8.28%), Vitamin B6: 0.16mg (8.16%), Vitamin A: 316.36IU (6.33%), Copper: 0.12mg (6.07%), Vitamin B5: 0.59mg (5.88%), Vitamin B3: 0.93mg (4.64%), Magnesium: 18.38mg (4.6%), Vitamin B1: 0.07mg (4.52%), Vitamin B2: 0.06mg (3.8%), Phosphorus: 31.32mg (3.13%), Iron: 0.42mg (2.33%), Zinc: 0.32mg (2.1%), Calcium: 14.96mg (1.5%)