



Pineapple-Chipotle Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce drained (from chipotle chiles)
- ☐ 2 tablespoons brown sugar
- ☐ 2 chipotle chiles in adobo sauce canned minced drained
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 cups onion diced

- ☐ 0.5 cup pineapple juice
- ☐ 3 cups dole pineapple tidbits fresh diced canned
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes diced seeded
- ☐ 2 teaspoons vegetable oil

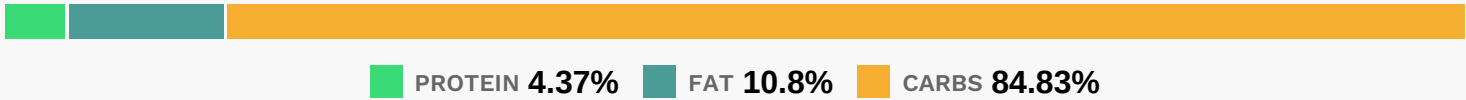
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add pineapple and onion; saut 10 minutes or until lightly browned.
- ☐ Add tomato and garlic; saut 1 minute. Stir in pineapple juice, brown sugar, vinegar, chiles, and adobo sauce. Cook 6 minutes, stirring occasionally. Stir in cilantro, fresh lime juice, and salt. Cool.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:1.76, Inflammation Score:-4, Nutrition Score:4.6969565179037%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 109.4kcal (5.47%), Fat: 1.4g (2.15%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 21.85g (7.95%), Sugar: 19.91g (22.12%), Cholesterol: 0mg (0%), Sodium: 151.97mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin C: 16.22mg (19.65%), Fiber: 2.88g (11.51%), Vitamin

B1: 0.12mg (8.19%), Manganese: 0.16mg (8.17%), Vitamin B6: 0.15mg (7.28%), Vitamin K: 7.46µg (7.11%), Potassium: 236.49mg (6.76%), Copper: 0.14mg (6.76%), Vitamin A: 270.45IU (5.41%), Magnesium: 21.34mg (5.33%), Folate: 16.63µg (4.16%), Iron: 0.56mg (3.12%), Calcium: 30.27mg (3.03%), Phosphorus: 23.13mg (2.31%), Vitamin B3: 0.45mg (2.26%), Vitamin B2: 0.04mg (2.14%), Vitamin E: 0.25mg (1.69%), Zinc: 0.21mg (1.38%)