



Pineapple Concassé

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



23 kcal

SIDE DISH

Ingredients

- 1 tablespoon basil fresh thinly sliced
- 1 teaspoon juice of lime fresh
- 1.5 cups pineapple finely chopped
- 1 teaspoon sugar



Equipment

- bowl

Directions

Combine all ingredients in a small bowl. Cover and chill at least 4 hours.

Nutrition Facts

 PROTEIN **3.64%**  FAT **1.88%**  CARBS **94.48%**

Properties

Glycemic Index:33.13, Glycemic Load:3.3, Inflammation Score:-1, Nutrition Score:2.8182608721697%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 23.48kcal (1.17%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.56g (2.02%), Sugar: 4.74g (5.27%), Cholesterol: 0mg (0%), Sodium: 0.45mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin C: 20.03mg (24.28%), Manganese: 0.39mg (19.32%), Vitamin B6: 0.05mg (2.35%), Copper: 0.05mg (2.35%), Fiber: 0.59g (2.34%), Vitamin B1: 0.03mg (2.19%), Folate: 7.74µg (1.93%), Vitamin K: 1.68µg (1.6%), Potassium: 46.93mg (1.34%), Magnesium: 5.23mg (1.31%), Vitamin B3: 0.21mg (1.05%)