



Pineapple-Cucumber Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

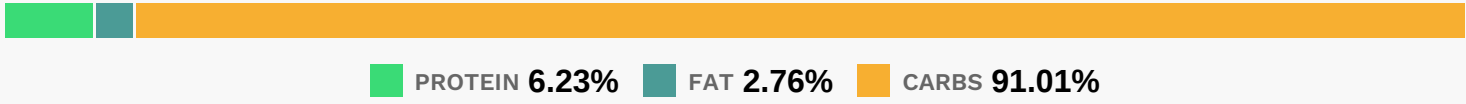
- ☐ 1.5 cups cucumber diced english peeled
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups pineapple fresh diced
- ☐ 0.1 teaspoon salt

Equipment

Directions

Stir together pineapple, cucumber, green onions, jalapeo pepper, basil, lime juice, and salt.
Cover and chill 1 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:1.6434782850354%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 10.28kcal (0.51%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.32g (0.84%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 15.1mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 9.45mg (11.45%), Manganese: 0.17mg (8.27%), Vitamin K: 5.36µg (5.11%), Fiber: 0.33g (1.32%), Vitamin B6: 0.03mg (1.3%), Copper: 0.02mg (1.2%), Folate: 4.78µg (1.2%), Vitamin B1: 0.02mg (1.09%), Vitamin A: 53.97IU (1.08%), Potassium: 36.4mg (1.04%)