



Pineapple-Cucumber Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cucumber peeled finely chopped
- ☐ 3 tablespoons juice of lime fresh (1 large lime)
- ☐ 20 ounce dole pineapple tidbits drained canned
- ☐ 0.3 cup onion finely chopped
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 2 tablespoons sugar

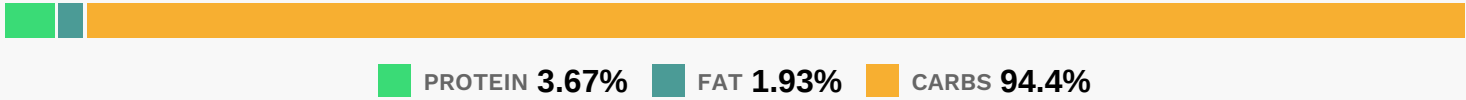
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl; serve immediately or cover and chill, if desired.
- ☐ Serve with grilled fish, chicken, or pork.

Nutrition Facts



Properties

Glycemic Index:37.36, Glycemic Load:6.1, Inflammation Score:-4, Nutrition Score:6.4434782292532%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 163.27kcal (8.16%), Fat: 0.38g (0.58%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 38.46g (13.99%), Sugar: 36.87g (40.96%), Cholesterol: 0mg (0%), Sodium: 5.68mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Vitamin C: 25.71mg (31.16%), Vitamin B1: 0.23mg (15.04%), Fiber: 3.31g (13.25%), Copper: 0.26mg (13.09%), Potassium: 370.09mg (10.57%), Vitamin B6: 0.2mg (10.22%), Magnesium: 39.43mg (9.86%), Vitamin K: 6.36µg (6.06%), Folate: 23.66µg (5.92%), Calcium: 46.09mg (4.61%), Iron: 0.74mg (4.14%), Vitamin B2: 0.07mg (3.86%), Manganese: 0.08mg (3.8%), Vitamin A: 174.94IU (3.5%), Phosphorus: 34.7mg (3.47%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.2mg (2.01%), Selenium: 0.99µg (1.42%)