

health-score 53%
HEALTH SCORE

Pineapple-Ginger-Habanero Salsa

☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

921 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings splash canola oil
- ☐ 2 teaspoons ginger grated
- ☐ 2 green onions thinly sliced
- ☐ 0.5 to 1 habanero chile minced
- ☐ 1 juice of lime
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings plantain chips for serving
- ☐ 1 small onion diced red finely

☐ 1 roasted until just tender diced sliced

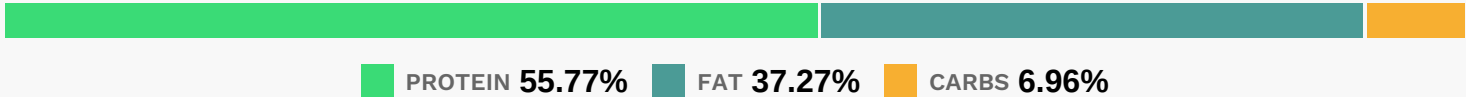
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Toss the ginger, green onions, lime juice, red onions, pineapple, chile and oil in large bowl. Season with salt and pepper.
- ☐ Serve on tortilla or plantain chips.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:5.76, Inflammation Score:-7, Nutrition Score:41.65173918268%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 921.14kcal (46.06%), Fat: 37.08g (57.05%), Saturated Fat: 8.01g (50.09%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 13.23g (4.81%), Sugar: 1.75g (1.94%), Cholesterol: 345.71mg (115.24%), Sodium: 283.06mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 124.84g (249.69%), Selenium: 153.79µg (219.7%), Vitamin B6: 4.25mg (212.39%), Vitamin B1: 2.47mg (164.97%), Vitamin B3: 32.01mg (160.07%), Phosphorus: 1328.61mg (132.86%), Zinc: 10.3mg (68.68%), Vitamin B2: 1.06mg (62.24%), Potassium: 2175.67mg (62.16%), Vitamin B12: 2.8µg (46.64%), Magnesium: 166.83mg (41.71%), Vitamin B5: 4.17mg (41.7%), Vitamin E: 3.3mg (22.02%), Vitamin K: 22.9µg (21.81%), Iron: 3.46mg (19.25%), Copper: 0.38mg (19.06%), Vitamin D: 2.19µg (14.63%), Fiber: 2.36g (9.42%), Manganese: 0.19mg (9.35%), Vitamin C: 7.26mg (8.8%), Calcium: 60.97mg (6.1%), Folate: 11.53µg (2.88%), Vitamin A: 77.09IU (1.54%)