



## Pineapple-Habanero Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 orange habanero chile pepper stemmed chopped for less heat (remove seeds )
- 0.5 cup cilantro leaves fresh
- 10 servings kosher salt
- 1 tablespoon juice of lime fresh
- 1.5 cups pineapple fresh chopped
- 0.5 cup onion white chopped

### Equipment

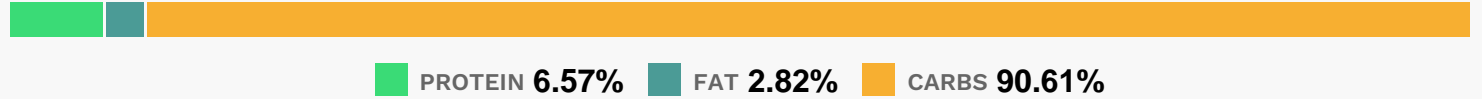
- blender

## Directions

Add the pineapple, cilantro, habanero, onion, lime juice, 1/2 teaspoon salt and 1/2 cup water to a blender and puree until smooth.

Photograph by Kat Teutsch

## Nutrition Facts



## Properties

Glycemic Index:16.27, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:2.6778261123792%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

## Nutrients (% of daily need)

Calories: 17.93kcal (0.9%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.96g (1.44%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 195.16mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 19.56mg (23.7%), Manganese: 0.25mg (12.62%), Vitamin K: 3.32µg (3.17%), Vitamin B6: 0.06mg (3.09%), Fiber: 0.58g (2.31%), Vitamin A: 112.09IU (2.24%), Copper: 0.04mg (1.93%), Folate: 7.66µg (1.91%), Vitamin B1: 0.03mg (1.83%), Potassium: 59.11mg (1.69%), Magnesium: 5.14mg (1.28%)