



Pineapple Habanero Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon thyme sprigs fresh chopped
- 0.3 teaspoon ground allspice
- 2 tablespoons juice of lime fresh
- 1 tablespoon blackstrap molasses
- 2 tablespoons pineapple juice fresh with your hands
- 0.8 teaspoon salt
- 3 spring onion finely chopped
- 0.3 teaspoon scotch bonnet peppers minced seeded

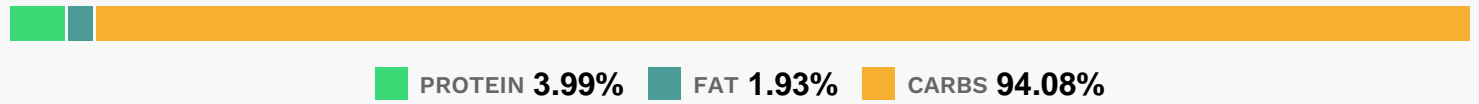
Equipment

bowl

Directions

- Toss all ingredients together in a bowl and let stand, stirring occasionally, 30 minutes, to blend flavors.
- Salsa can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:1.13, Inflammation Score:-3, Nutrition Score:1.3421739203774%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 12.09kcal (0.6%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.93g (1.06%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 219.89mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin K: 9.37µg (8.92%), Vitamin C: 2.99mg (3.63%), Manganese: 0.07mg (3.6%), Magnesium: 8.23mg (2.06%), Potassium: 60.9mg (1.74%), Iron: 0.25mg (1.39%), Vitamin B6: 0.03mg (1.32%), Vitamin A: 60.61IU (1.21%), Calcium: 10.96mg (1.1%), Copper: 0.02mg (1.08%), Folate: 4.1µg (1.03%)