



Pineapple-Kiwi Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

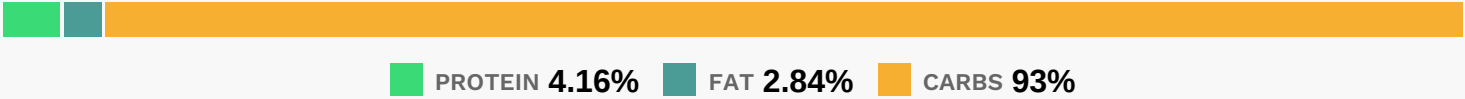
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon jalapeno minced
- ☐ 2 kiwifruit diced peeled
- ☐ 2 tablespoons juice of lime fresh
- ☐ 16 oz dole pineapple tidbits drained canned
- ☐ 10 servings salt to taste

Equipment

Directions

☐ Stir together first 5 ingredients; add salt to taste.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.06, Inflammation Score:-2, Nutrition Score:2.7356521487236%

Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 38.68kcal (1.93%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 8.73g (3.17%), Sugar: 8.18g (9.08%), Cholesterol: 0mg (0%), Sodium: 195.27mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin C: 19.37mg (23.48%), Vitamin K: 8.01µg (7.63%), Fiber: 1.16g (4.66%), Copper: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.48%), Potassium: 97.49mg (2.79%), Magnesium: 10.06mg (2.51%), Vitamin B6: 0.05mg (2.42%), Folate: 7.48µg (1.87%), Vitamin E: 0.27mg (1.81%), Calcium: 14.28mg (1.43%), Vitamin B3: 0.21mg (1.04%), Vitamin A: 50.8IU (1.02%)