



## Pineapple-Pecan Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



19

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons sage fresh chopped
- 2 garlic cloves minced
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 0.8 cup pecans toasted chopped
- 4 cups pineapple fresh finely chopped
- 0.5 cup pineapple juice
- 1 pinch salt

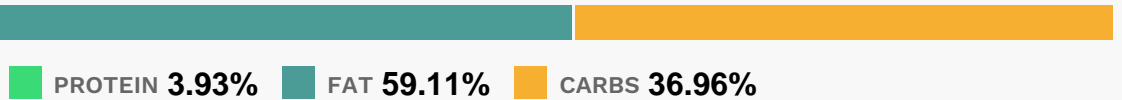
## Equipment

- bowl
- frying pan

## Directions

- Saut onion in olive oil in a medium skillet over medium heat 5 minutes or until tender.
- Add garlic; cook 1 minute, stirring constantly.
- Add pineapple juice; cook over medium-high heat until liquid is reduced by half (about 3 minutes).
- Combine pineapple and next 3 ingredients in a large bowl; stir in onion mixture. Cover and chill up to 24 hours. Stir in pecans just before serving.
- Fix it Faster: Start with a cored fresh pineapple to speed things up when making this salsa.

## Nutrition Facts



## Properties

Glycemic Index:9.04, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:8.0700000407903%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 66.49kcal (3.32%), Fat: 4.66g (7.17%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.39g (4.88%), Cholesterol: 0mg (0%), Sodium: 2.79mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Copper: 2.01mg (100.56%), Manganese: 0.62mg (31.02%),

Vitamin C: 17.68mg (21.43%), Vitamin B1: 0.06mg (4.26%), Fiber: 1.04g (4.14%), Vitamin B6: 0.06mg (3.16%), Magnesium: 11.69mg (2.92%), Folate: 9.13µg (2.28%), Potassium: 73.7mg (2.11%), Vitamin E: 0.28mg (1.88%), Iron: 0.32mg (1.79%), Zinc: 0.27mg (1.77%), Phosphorus: 17.13mg (1.71%), Calcium: 14.03mg (1.4%), Vitamin K: 1.32µg (1.26%), Vitamin B5: 0.12mg (1.22%), Vitamin B3: 0.24mg (1.22%), Vitamin B2: 0.02mg (1.19%)