



Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 pineapple fresh finely chopped
- 1 medium bell pepper red finely chopped

Equipment

Directions

- Mix all ingredients until well blended.
- Serve immediately or cover and refrigerate until ready to serve.

Nutrition Facts

PROTEIN 3.67% **FAT 27.84%** **CARBS 68.49%**

Properties

Glycemic Index:15.33, Glycemic Load:4.07, Inflammation Score:-5, Nutrition Score:6.0895651863969%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 49.89kcal (2.49%), Fat: 1.66g (2.56%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 8.1g (2.94%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 74.31mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin C: 46.24mg (56.05%), Manganese: 0.55mg (27.27%), Vitamin A: 534.93IU (10.7%), Vitamin K: 6.79µg (6.46%), Vitamin B6: 0.11mg (5.6%), Fiber: 1.12g (4.47%), Folate: 17.33µg (4.33%), Vitamin B1: 0.05mg (3.63%), Copper: 0.07mg (3.36%), Potassium: 101.81mg (2.91%), Vitamin E: 0.42mg (2.8%), Magnesium: 9.07mg (2.27%), Vitamin B3: 0.44mg (2.22%), Vitamin B2: 0.03mg (1.86%), Vitamin B5: 0.17mg (1.7%), Iron: 0.26mg (1.42%)