

STARTER & SNACK

Pineapple Salsa

6 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
20 min	20 min	6	\$0.62	81 kcal

Pineapple Salsan is a gluten free, dairy free, paleolithic, and lacto ovo vegetarian hor d'oeuvre. This recipe serves 6. One portion of this dish contains about 1g of protein, 0g of fat, and a total of 81 calories. For 62 cents per serving, this recipe covers 11% of your daily requirements of vitami...

Ingredients

- ☐ 2 tablespoons chopped fresh cilantro
- ☐ 3 green onions, chopped
- ☐ ½ teaspoon ground cumin
- ☐ 2 jalapeño peppers, seeded and diced
- ☐ 2 tablespoons lime juice
- ☐ 1 fresh pineapple, cored and diced
- ☐ 1 teaspoon salt

EQUIPMENT Bowl

Method

- 1 Combine all ingredients in a bowl. Cover and chill 1 hour.

Nutrition per serving

81	1 g	0 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			2.4 g · 10% of daily needs
Sugar			15.3 g · 17% of daily needs
Sodium			391 mg · 17% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			80.3 mg · 97% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pineapple-salsa-148207