



Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups pineapple ()
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 0.5 cup bell pepper red chopped
- 0.3 cup onion red finely chopped
- 0.5 teaspoon to 5 chilies red seeded finely chopped

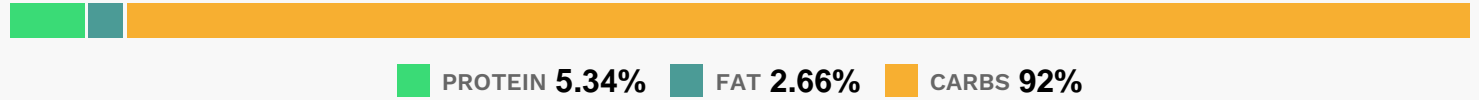
Equipment

- bowl

Directions

- Mix all ingredients in glass or plastic bowl.
- Cover and refrigerate at least 1 hour to blend flavors.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:3.06, Inflammation Score:-4, Nutrition Score:4.2260869893691%

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 Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg 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: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 26.13kcal (1.31%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.9g (2.14%), Sugar: 4.75g (5.27%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin C: 33.61mg (40.74%), Manganese: 0.4mg (20.05%), Vitamin A: 327.2IU (6.54%), Vitamin B6: 0.08mg (4.12%), Fiber: 0.88g (3.52%), Folate: 13.17µg (3.29%), Vitamin B1: 0.04mg (2.74%), Copper: 0.05mg (2.53%), Potassium: 77.83mg (2.22%), Magnesium: 6.97mg (1.74%), Vitamin B3: 0.31mg (1.57%), Vitamin B2: 0.02mg (1.38%), Vitamin B5: 0.13mg (1.29%), Vitamin E: 0.17mg (1.13%), Vitamin K: 1.14µg (1.09%)