



Pineapple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 spring onion chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 jalapeno diced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 1 pineapple fresh diced cored
- ☐ 1 teaspoon salt

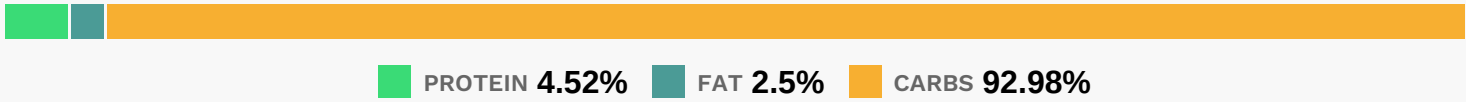
Equipment

bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:26.61, Glycemic Load:10.5, Inflammation Score:-5, Nutrition Score:11.541738932547%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 80.6kcal (4.03%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 21g (7%), Net Carbohydrates: 18.56g (6.75%), Sugar: 15.28g (16.98%), Cholesterol: 0mg (0%), Sodium: 390.63mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin C: 80.31mg (97.35%), Manganese: 1.42mg (71.02%), Vitamin K: 14.79µg (14.09%), Fiber: 2.44g (9.76%), Vitamin B6: 0.19mg (9.75%), Copper: 0.18mg (8.82%), Vitamin B1: 0.13mg (8.45%), Folate: 32.85µg (8.21%), Potassium: 202.15mg (5.78%), Magnesium: 21.05mg (5.26%), Vitamin B3: 0.86mg (4.31%), Vitamin A: 211.22IU (4.22%), Iron: 0.66mg (3.66%), Vitamin B5: 0.35mg (3.47%), Vitamin B2: 0.06mg (3.4%), Calcium: 27.07mg (2.71%), Phosphorus: 17.1mg (1.71%), Vitamin E: 0.25mg (1.67%), Zinc: 0.22mg (1.5%)