



WHATSheATE



Pineapple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



16

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 3 cups pineapple fresh diced finely
- ☐ 0.5 cup bell pepper diced red finely
- ☐ 0.3 cup onion diced red finely

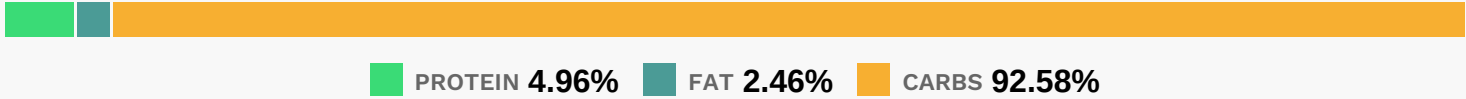
Equipment

- ☐ bowl

Directions

☐ Combine first 6 ingredients in a bowl. Stir in jalapeo, if desired.

Nutrition Facts



Properties

Glycemic Index:9.35, Glycemic Load:2.23, Inflammation Score:-2, Nutrition Score:2.8443478222774%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 18.44kcal (0.92%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.22g (1.54%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 18.93mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 21.84mg (26.48%), Manganese: 0.3mg (14.84%), Vitamin A: 182.06IU (3.64%), Vitamin B6: 0.05mg (2.63%), Fiber: 0.59g (2.37%), Folate: 8.62µg (2.16%), Vitamin B1: 0.03mg (1.93%), Copper: 0.04mg (1.86%), Potassium: 51.79mg (1.48%), Magnesium: 4.81mg (1.2%), Vitamin K: 1.25µg (1.19%), Vitamin B3: 0.21mg (1.05%)