



Roasted Pineapple and Pepper Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



72 min.

SERVINGS



10

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 anaheim chile diced seeded
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 2 tablespoons honey
- ☐ 0.5 jalapeño minced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 1 mangos deseeded cut into 1/4-inch pieces
- ☐ 0.5 pineapple cored peeled cut into 1/4-inch slices
- ☐ 0.5 bell pepper diced red seeded

- ☐ 0.5 onion diced red
- ☐ 10 servings salt

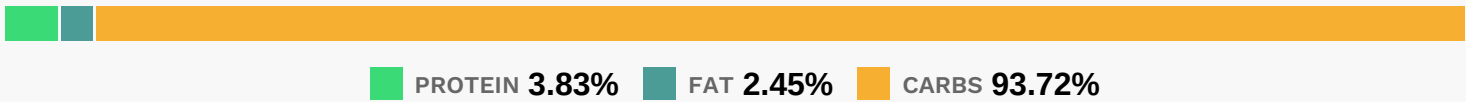
Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat grill or grill pan to high.
- ☐ Place pineapple and mango on grill for 30 seconds to 1 minute or until desired grill marks are achieved.
- ☐ Let cool and dice.
- ☐ In a medium mixing bowl combine honey, lime juice, cilantro and season, to taste, with salt.
- ☐ Add remaining ingredients and toss.
- ☐ Let sit for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:6.54, Inflammation Score:-5, Nutrition Score:5.295652144629%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 53.28kcal (2.66%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.54g (4.56%), Sugar: 11.4g (12.66%), Cholesterol: 0mg (0%), Sodium: 204.5mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Vitamin C: 39.29mg (47.62%), Manganese: 0.45mg (22.58%), Vitamin A: 448.37IU (8.97%), Folate: 21.43µg (5.36%), Fiber: 1.32g (5.27%), Vitamin B6: 0.1mg (5.22%), Copper: 0.08mg (3.94%), Vitamin B1: 0.05mg (3.22%), Potassium: 112.36mg (3.21%), Magnesium: 9.21mg (2.3%), Vitamin B3: 0.45mg (2.24%), Vitamin E: 0.32mg (2.15%), Vitamin B2: 0.03mg (1.85%), Vitamin B5: 0.17mg (1.72%), Vitamin K: 1.77µg (1.69%), Iron: 0.23mg (1.26%), Calcium: 10.74mg (1.07%), Phosphorus: 10.45mg (1.04%)