



Roasted Tomato Salsa and Sweet Pineapple Cream Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



9

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce pineapple with juice reserved crushed drained canned
- 1 cup mayonnaise
- 0.3 cup roasted tomato salsa
- 2.5 tablespoons sugar white

Equipment

- mixing bowl
- hand mixer

Directions

- Beat the mayonnaise, salsa, pineapple, 2 tablespoons of the reserved pineapple juice, and sugar together in a mixing bowl with an electric hand mixer on medium until well mixed, 1 to 2 minutes.
- Chill in refrigerator at least 1 hour before serving.

Nutrition Facts

PROTEIN 0.94% **FAT 83.43%** **CARBS 15.63%**

Properties

Glycemic Index:13.34, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:2.9573913074058%

Nutrients (% of daily need)

Calories: 199.29kcal (9.96%), Fat: 18.67g (28.72%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.41g (2.7%), Sugar: 7.34g (8.15%), Cholesterol: 10.45mg (3.48%), Sodium: 205.71mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin K: 41.05µg (39.09%), Vitamin E: 0.91mg (6.06%), Vitamin C: 2.51mg (3.04%), Vitamin B1: 0.03mg (2.05%), Fiber: 0.46g (1.83%), Copper: 0.04mg (1.83%), Vitamin B6: 0.03mg (1.68%), Potassium: 54.93mg (1.57%), Magnesium: 5.11mg (1.28%), Vitamin A: 63.44IU (1.27%), Selenium: 0.76µg (1.08%)