



Rummy Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



85 min.

SERVINGS



3

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cilantro leaves roughly chopped
- 0.3 cup rum dark
- 1 jalapeño diced green seeded finely (depending on desired spiciness)
- 1 juice of lime
- 0.5 pineapple cored peeled cut into 1/4-inch chunks (2 cups)
- 0.5 bell pepper diced red stemmed seeded finely
- 3 servings tortilla chips for serving
- 0.5 teaspoon coriander seeds whole

0.5 teaspoon cumin seeds whole

Equipment

bowl

frying pan

Directions

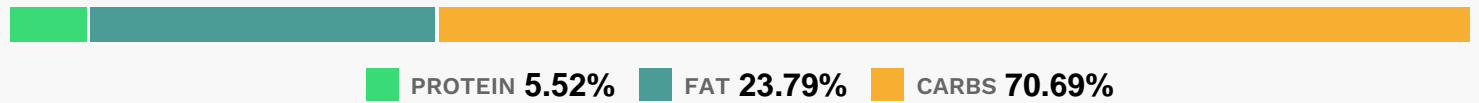
Add the coriander and cumin to a small skillet and heat over medium heat. Swirl until the seeds are golden and slightly fragrant, about 3 minutes.

Let cool slightly, and finely grind in a spice grinder.

Combine the spices with the cilantro, rum, jalapeno, onions, red pepper, pineapple, lime juice and zest in a medium bowl. Season with salt and pepper. Refrigerate until chilled, at least 1 hour or overnight.

Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:58.22, Glycemic Load:10.67, Inflammation Score:-8, Nutrition Score:15.443043397821%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 265.64kcal (13.28%), Fat: 6.21g (9.55%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 41.51g (13.84%), Net Carbohydrates: 37.05g (13.47%), Sugar: 16.3g (18.1%), Cholesterol: 0mg (0%), Sodium: 96.58mg (4.2%), Alcohol: 6.68g (100%), Alcohol %: 3.58% (100%), Protein: 3.24g (6.48%), Vitamin C: 106.84mg (129.5%), Manganese: 1.46mg (72.96%), Vitamin A: 948.79IU (18.98%), Fiber: 4.46g (17.84%), Vitamin K: 17.09µg (16.27%), Vitamin B6: 0.31mg (15.29%), Magnesium: 48.51mg (12.13%), Vitamin B1: 0.18mg (11.95%), Folate: 43.58µg (10.9%), Copper: 0.22mg (10.88%), Vitamin E: 1.6mg (10.66%), Phosphorus: 87.94mg (8.79%), Potassium: 304.97mg (8.71%), Vitamin B5:

0.76mg (7.58%), Iron: 1.3mg (7.22%), Vitamin B3: 1.31mg (6.56%), Calcium: 59.89mg (5.99%), Vitamin B2: 0.1mg (5.69%), Zinc: 0.68mg (4.56%), Selenium: 1.56µg (2.23%)