



Strawberry-Pineapple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 1 tablespoon olive oil
- ☐ 0.5 pineapple cored peeled chopped
- ☐ 0.3 cup onion red finely chopped

- ☐ 0.3 teaspoon salt
- ☐ 1 pound strawberries hulled chopped

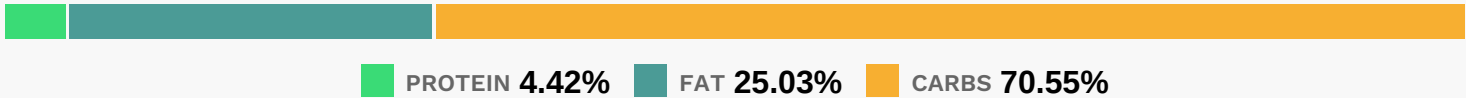
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:18.97, Glycemic Load:4.22, Inflammation Score:-3, Nutrition Score:6.0556521726691%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 52.49kcal (2.62%), Fat: 1.6g (2.47%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 8.49g (3.09%), Sugar: 6.92g (7.69%), Cholesterol: 0mg (0%), Sodium: 59.55mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin C: 50mg (60.61%), Manganese: 0.61mg (30.39%),

Fiber: 1.69g (6.76%), Folate: 20.86µg (5.22%), Vitamin B6: 0.08mg (4.09%), Copper: 0.08mg (3.83%), Potassium: 133.39mg (3.81%), Vitamin B1: 0.05mg (3.34%), Magnesium: 12.53mg (3.13%), Vitamin K: 2.51µg (2.39%), Vitamin E: 0.36mg (2.37%), Vitamin B3: 0.43mg (2.15%), Iron: 0.37mg (2.05%), Phosphorus: 16.77mg (1.68%), Vitamin B2: 0.03mg (1.65%), Vitamin B5: 0.17mg (1.65%), Calcium: 15.93mg (1.59%), Vitamin A: 65.63IU (1.31%)