



## This Colorful, Crunchy Pineapple Salsa Is Made With 5 Ingredients



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups pineapple diced cored peeled (or 1 small)
- 1 small onion diced red
- 1 small and orange peppers diced yellow
- 0.5 cup cilantro leaves fresh finely chopped
- 2 tablespoons mint leaves finely chopped
- 1 serving salt and pepper freshly ground

### Equipment

## Directions

- How do you choose a pineapple?
- When choosing a pineapple at the grocery store, know that pineapples do not ripen once picked. Look for fruit that's heavy for its size, fragrant (it should smell sweet and slightly fruity), and golden in color. A bit of green is fine but avoid any fruits that are black or soft in spots.
- What is pineapple salsa made of?
- Pineapple salsa is made with a variety of ingredients. There is always pineapple but the other ingredients vary. There is usually onion and often chile, such as jalapeno or habanero. Some pineapple salsa may use lime juice or another citrus juice. Fresh herbs like cilantro are often used in pineapple salsa. Other fruits, such as tomato or tomatillo may be added, or avocado or beans for a heartier salsa.

## Nutrition Facts

 **PROTEIN 5.8%**  **FAT 2.69%**  **CARBS 91.51%**

## Properties

Glycemic Index:74.83, Glycemic Load:18.6, Inflammation Score:-9, Nutrition Score:18.604782607244%

## Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.71mg, Quercetin: 13.71mg, Quercetin: 13.71mg, Quercetin: 13.71mg

## Nutrients (% of daily need)

Calories: 159.79kcal (7.99%), Fat: 0.53g (0.82%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 34.99g (12.72%), Sugar: 28.3g (31.44%), Cholesterol: 0mg (0%), Sodium: 106.44mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin C: 172.4mg (208.98%), Manganese: 2.48mg (124.14%), Vitamin A: 1785.44IU (35.71%), Vitamin B6: 0.46mg (23.16%), Fiber: 5.69g (22.76%), Folate: 80.2µg (20.05%), Vitamin B1: 0.25mg (16.51%), Copper: 0.33mg (16.28%), Vitamin K: 16.17µg (15.4%), Potassium: 477.45mg (13.64%), Magnesium: 44.68mg (11.17%), Vitamin B3: 1.79mg (8.97%), Vitamin B2: 0.15mg (8.55%), Vitamin B5: 0.75mg (7.52%), Iron: 1.32mg (7.32%), Calcium: 62.31mg (6.23%), Phosphorus: 50.94mg (5.09%), Vitamin E:

0.75mg (4.97%), Zinc: 0.56mg (3.73%)