

# Tropical Fruit Salsa

 Vegetarian  Vegan

READY IN



45 min.

SERVINGS



5

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 chipotles in adobo dried
- 3 tablespoons cilantro leaves fresh finely chopped
- 1 hawaiian rolls
- 3 tablespoons juice of lime fresh
- 1 mangos
- 0.5 pineapple
- 2 medium poblano pepper peeled seeded chopped
- 1 onion red finely chopped

- 5 servings salt

## Equipment

- bowl
- knife

## Directions

- If you are using dried chipotle or pasilla de Oaxaca chiles, soak them in warm water for minutes to soften, then drain, seed, and finely chop them. If using canned chipotles, rinse, seed, and finely chop them. If using jalapeño chiles, seed and finely chop them. Ready the poblano chiles. Set all the chiles aside.
- Halve the mango lengthwise, remove the pit, scoop out the flesh from each half with a spoon, and cut into 1/2-inch dice. Twist the stem off the pineapple half and stand the pineapple upright.
- Cut downward on all sides to remove the peel. Then, with a paring knife, remove the “eyes” by making diagonal cuts across the flesh just deep enough to lift them out.
- Cut the pineapple lengthwise into quarters, and cut away the strip of core that runs along each wedge.
- Cut the quarters crosswise into wedges about 1/4 inch wide, and cut the wedges into 1/4-inch dice. Peel the papaya, cut it in half lengthwise, and spoon out the seeds.
- Cut the halves lengthwise into wedges about 1/2 inch wide, and cut the wedges into 1/2-inch dice.
- In a bowl, combine the chiles, mango, pineapple, papaya, onion, cilantro, and lime juice. Toss together to mix well and then season with salt.
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- Published by Ten Speed Press, a division of Random House, Inc. JAMES PETERSON is an award-winning food writer, cookbook author, photographer, and cooking teacher whose career began as a young restaurant cook in Paris in the 1970s. In the early 1980s, Peterson practiced his traditional French training as a chef-partner for a Greenwich Village restaurant called le Petit Robert. a cooking teacher for over two decades since, Peterson has taught at Peter Kump's new york cooking School and at the French culinary Institute. after translating a series of French pastry books from French to English, Peterson was encouraged to write his own book. he is now the author of thirteen books, including Sauces, his first book, which

became an instant classic and received the 1991 James Beard cookbook of the year award. his articles and recipes have appeared in national magazines and newspapers. a self-taught food photographer, Peterson also creates the photography for his books. James Peterson cooks, writes, and photographs from Brooklyn, New York.

## Nutrition Facts

 **PROTEIN 6.84%**  **FAT 5.62%**  **CARBS 87.54%**

### Properties

Glycemic Index:35.88, Glycemic Load:9.68, Inflammation Score:-7, Nutrition Score:11.68478261647%

### Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

### Nutrients (% of daily need)

Calories: 112.52kcal (5.63%), Fat: 0.77g (1.19%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 23.31g (8.48%), Sugar: 18.01g (20.01%), Cholesterol: 1.96mg (0.65%), Sodium: 214.57mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 100.99mg (122.41%), Manganese: 0.95mg (47.73%), Fiber: 3.76g (15.02%), Vitamin B6: 0.29mg (14.37%), Vitamin A: 697.99IU (13.96%), Folate: 44.08µg (11.02%), Copper: 0.19mg (9.43%), Potassium: 295.44mg (8.44%), Vitamin B1: 0.12mg (8.18%), Vitamin K: 6.78µg (6.46%), Magnesium: 22.75mg (5.69%), Vitamin B3: 1mg (4.99%), Vitamin E: 0.6mg (3.98%), Iron: 0.69mg (3.86%), Vitamin B2: 0.07mg (3.86%), Vitamin B5: 0.36mg (3.61%), Phosphorus: 30.31mg (3.03%), Calcium: 27.68mg (2.77%), Zinc: 0.25mg (1.69%)