



## Tropical Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup coconut or flaked toasted
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground pepper red
- 0.3 cup coconut milk light
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon lime rind grated
- 1 cup mangos chopped
- 20 ounce dole pineapple tidbits canned

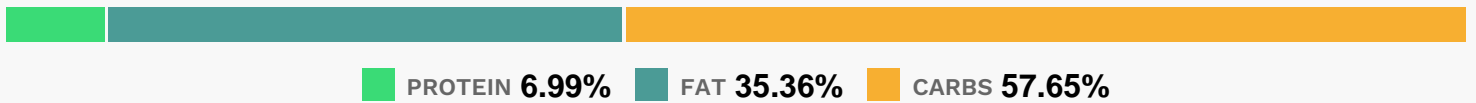
- 0.3 cup honey-roasted peanuts chopped
- 0.3 teaspoon salt
- 1 teaspoon sugar

## Equipment

## Directions

- Drain pineapple, reserving juice.
- Stir together pineapple, mango, peanuts, and coconut.
- Stir together reserved pineapple juice, coconut milk, and next 6 ingredients; add to pineapple mixture, tossing to coat. Chill 30 minutes.
- Note: For testing purposes only, we used drained mango slices in a jar, found in the produce section of supermarkets.

## Nutrition Facts



## Properties

Glycemic Index:61.95, Glycemic Load:4.77, Inflammation Score:-7, Nutrition Score:11.688695700272%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 286.3kcal (14.32%), Fat: 12.11g (18.63%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 38.74g (14.09%), Sugar: 36.53g (40.59%), Cholesterol: 0mg (0%), Sodium: 265.74mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin C: 41.12mg (49.84%), Manganese:

0.58mg (28.84%), Fiber: 5.69g (22.77%), Copper: 0.4mg (20.23%), Vitamin B1: 0.25mg (16.95%), Magnesium: 62.1mg (15.52%), Vitamin A: 764.17IU (15.28%), Vitamin B3: 2.81mg (14.05%), Potassium: 477.3mg (13.64%), Vitamin B6: 0.27mg (13.43%), Folate: 50.29µg (12.57%), Phosphorus: 84.83mg (8.48%), Iron: 1.19mg (6.61%), Calcium: 52.38mg (5.24%), Selenium: 3.44µg (4.91%), Vitamin B2: 0.08mg (4.8%), Zinc: 0.64mg (4.29%), Vitamin E: 0.64mg (4.24%), Vitamin K: 3.85µg (3.67%), Vitamin B5: 0.35mg (3.48%)