

Tropical Salsa

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

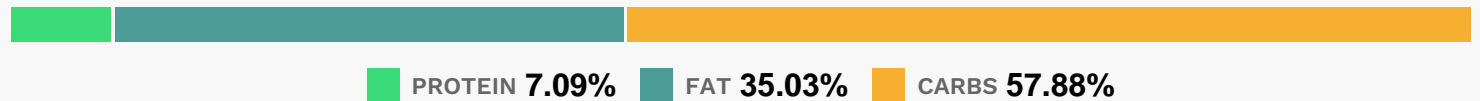
- 0.3 cup roasted peanuts chopped
- 3 servings rye flakes
- 0.3 teaspoon salt
- 1 teaspoon sugar

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:12.069999891779%

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: 289.54kcal (14.48%), Fat: 12.14g (18.68%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 39.2g (14.25%), Sugar: 36.54g (40.61%), Cholesterol: 0mg (0%), Sodium: 265.75mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Vitamin C: 41.12mg (49.84%), Manganese: 0.64mg (32.19%), Fiber: 5.92g (23.67%), Copper: 0.41mg (20.58%), Vitamin B1: 0.26mg (17.15%), Magnesium: 64.58mg (16.14%), Vitamin A: 764.28IU (15.29%), Vitamin B3: 2.86mg (14.32%), Potassium: 484.6mg (13.85%),

Vitamin B6: 0.27mg (13.63%), Folate: 50.44µg (12.61%), Phosphorus: 91.15mg (9.12%), Iron: 1.25mg (6.96%), Selenium: 3.95µg (5.64%), Calcium: 52.94mg (5.29%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.7mg (4.66%), Vitamin E: 0.65mg (4.34%), Vitamin K: 3.91µg (3.72%), Vitamin B5: 0.36mg (3.63%)