

Pineapple-Lime Salsa

This recipe would make a great topper for any white fish such as tilapia or orange roughy.

1/2	fresh pineapple, peeled, cored and finely chopped
1	red bell pepper, seeded and finely chopped
1/2 medium	red onion, finely chopped
3 tablespoons	chopped fresh cilantro
2	serrano chilies, seeded and minced
	zest and juice of 1 lime
1/4 to 1/2 teaspoon	Tabasco pepper sauce, according to taste
1/4 teaspoon	salt

Prepare ingredients for recipe as directed. Zest outer peel of lime to yield about 2 teaspoons; take care to avoid bitter white pith. Cut lime in half and squeeze to make about 2 tablespoons juice. Combine all ingredients in a medium bowl. Let stand 15 to 20 minutes before serving, or make 4 to 24 hours ahead and refrigerate until ready to serve.

Servings: 4

Preparation time: 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	53.55
Calories From Fat (4%)	2.10
% Daily Value	
Total Fat 0.26g	0%
Saturated Fat 0.03g	0%
Cholesterol 0.00mg	0%
Sodium 152.51mg	6%
Potassium 237.00mg	7%
Carbohydrates 13.52g	5%
Dietary Fiber 2.14g	9%
Sugar 8.02g	
Sugar Alcohols 0.00g	
Net Carbohydrates 11.37g	
Protein 1.34g	3%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 fresh pineapple, peeled, cored and finely chopped	0.50 x 1 fruit of Pineapple, raw
1 red bell pepper, seeded and finely chopped	1 x 1 medium (approx 2-3/4" long, 2-1/2" dia) of Peppers, sweet, red, raw
1/2 medium red onion, finely chopped	0.50 x 1 medium onion of Onions, red
3 tablespoons chopped fresh cilantro	3 x 1 tablespoon of Cilantro (Chinese parsley), raw
2 serrano chilies, seeded and minced	2 x 1 pepper of Peppers, hot chili, green, raw
zest and juice of 1 lime	1 x 1 lime yields of Lime juice, raw
1/4 to 1/2 teaspoon Tabasco pepper sauce, according to taste	0.25 x 1 teaspoon of Sauce, ready-to-serve, pepper, TABASCO
1/4 teaspoon salt	0.25 x 1 teaspoon of Salt, table

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