

Grilled Pineapple and Jalapeno Relish

*Aimee Blume - Special to the Courier & Press (Evansville, IN)
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Yield: 1 cup

*3 - 4 cored pineapple spears, enough
to make about 3/4 cup diced
1 teaspoon olive oil
2 tablespoons green jalapeno pepper,
seeded and minced
2 tablespoons red jalapeno pepper,
seeded and minced
2 tablespoons onion, minced
salt (to taste)*

Brush the pineapple spears lightly with the oil.
Grill until blackened in spots. Dice finely.

Toss the pineapple with the hot peppers, onion.
Salt to taste.

Per Serving (excluding unknown items): 47 Calories; 5g Fat (83.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 1 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	47
% Calories from Fat:	83.9%
% Calories from Carbohydrates:	14.2%
% Calories from Protein:	1.9%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	31mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0

Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 47 Calories from Fat: 40

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.