

Grilled Pineapple Salsa

50 Burger Toppings
Food Network Magazine

vegetable oil
1/2 sliced pineapple, peeled and cored
1/2 small red onion, sliced
1 poblano pepper
1 tomato, chopped
2 tablespoons cilantro, chopped
juice of one lime
salt (to taste)
pepper (to taste)
hot sauce (to taste)

Brush the pineapple, onion and poblano pepper with the vegetable oil.

Grill over medium-high heat, turning, until charred (3-5 minutes for the pineapple and onion, 10 minutes for the poblano pepper).

Peel and seed the poblano.

Chop the pineapple, onion and poblano.

In a bowl, toss the pineapple, onion, poblano, with the tomato, cilantro and lime juice.

Season with salt, pepper and hot sauce, to taste.

Per Serving (excluding unknown items): 90 Calories; 1g Fat (7.0% calories from fat); 4g Protein; 20g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable.

Salsa

Per Serving Nutritional Analysis

Calories (kcal):	90
% Calories from Fat:	7.0%
% Calories from Carbohydrates:	77.8%
% Calories from Protein:	15.2%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	48mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g):	20g
Dietary Fiber (g):	4g
Protein (g):	4g
Sodium (mg):	25mg
Potassium (mg):	764mg
Calcium (mg):	78mg
Iron (mg):	3mg
Zinc (mg):	trace
Vitamin C (mg):	195mg
Vitamin A (i.u.):	1926IU
Vitamin A (r.e.):	192RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	90	Calories from Fat: 6
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	20g	7%
Dietary Fiber	4g	16%
Protein	4g	

Vitamin A	39%
Vitamin C	324%
Calcium	8%
Iron	16%

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