

Pineapple Pico de Gallo

This Pineapple Pico de Gallo combines the sweetness of the fruit with the tanginess, and refreshing flavors of the vegetables and lime.

Prep Time
15 mins

Total Time
15 mins



5 from 2 votes

Course: Appetizer, Snack Cuisine: Mexican

Keyword: Pineapple Pico de Gallo Servings: 4 people

Calories: 69kcal

Ingredients

- 3 tomatoes
- 1 red onion small
- 2 cup pineapple diced
- A handful cilantro
- 1 jalapeño pepper optional
- Juice from 1 lime
- Salt to taste

Instructions

1. Dice the tomatoes, onion and pineapple.
2. Mix all the ingredients in a big bowl and add the fresh chopped cilantro.
3. Add the lime juice and season with salt to taste.
4. Chill for about 20 minutes in the fridge and serve.

Nutrition

Calories: 69kcal | Carbohydrates: 17g | Protein: 2g | Fat: 0.3g | Saturated Fat: 0.05g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.04g | Sodium: 7mg | Potassium: 349mg | Fiber: 3g | Sugar: 12g | Vitamin A: 817IU | Vitamin C: 54mg | Calcium: 26mg | Iron: 1mg