

# Pineapple Relish

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pineapple-relish-recipe-indian>

## Ingredients:

- 1/2 pineapple a fresh ripe, cored and diced small
- 3 tablespoons red onion diced finely
- 2 green chilies serrano or jalapeno diced finely
- 1 teaspoon fresh ginger grated
- 1 teaspoon garlic fresh, grated
- 1 tablespoon vinegar I used Chinese Rice Wine Vinegar
- 1 tablespoon sugar or to taste
- 1 teaspoon red chili powder or cayenne powder, or to taste
- salt to taste

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 21 grams
3. Fiber: 2 grams
4. Protein: 2 grams
5. Sodium: 200 milligrams
6. Sugar: 16 grams

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