

# Pineapple Habanero Salsa

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-rice-paper-rolls-dipping-sauce-recipe>

## Ingredients:

- 1/2 pineapple ripe, finely chopped
- 1/2 small red onion minced
- 1/2 poblano chile minced
- 1/2 red bell pepper minced
- 1 habanero chile scotch bonnet, seeded and very finely minced\*
- 1 lime juiced\*\*
- 1/2 tablespoon light brown sugar packed
- 1 handful cilantro leaves chopped
- 1 pinch kosher salt
- habanero \*I highly recommend wearing a plastic glove on the hand that holds the, while mincing. In a pinch you can also just use a pl...
- juice
- roll

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 35 grams
3. Fat: 0.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 135 milligrams
7. Sugar: 21 grams

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