

Spicy Chipotle Pineapple Salsa

Salsa makes everything taste better, especially when it has both a spicy kick and sweet taste. This is a warm salsa that is just the right amount of spicy with hints of sweetness and garlic. It is a one-step recipe, so it will not take long at all. My family used this as a chicken marinade and sauce topping over black bean burgers, but it goes great with chips or on tacos as well. Enjoy!

Ingredients:

- 1, 20 oz can Crushed pineapple (do not drain)
- 1 large Avocado, skin removed, pitted
- 1, 7 oz can Whole chipotle peppers in Adobo sauce
- 1 tbsp Apple cider vinegar
- 1 clove Garlic, minced
- Optional Cilantro (adds some heat and flavor)

Directions:

1. Place all ingredients in a food processor or blender. Blend until chunks of avocado and chipotle peppers are fully blended. This salsa is not chunky- it has a consistency like a Verde salsa.
2. Serve and enjoy!

Servings: 10
 Serving size: About 1/3 cup (91 g)

Spicy Chipotle Pineapple Salsa		
Nutrition Facts		
<small>Serving Size: 1 × 1/3 Cup</small>		
Amount Per Serving	% Daily Value*	
Calories	73.1 kcal	4 %
Total Fat	2.8 g	4 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	94.3 mg	4 %
Total Carbohydrate	12.4 g	4 %
Dietary Fiber	2.8 g	11 %
Sugars	8.2 g	
Protein	0.7 g	1 %
Vitamin A	0 %	Vitamin C 11 %
Calcium	0 %	Iron 6 %
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>		
<small>Full Info at cronometer.com</small>	<small></></small>	