

# Pineapple-Chili Sauce

*www.FoodNetwork.com*

**Servings: 6**

*juice of one lime*

*1/4 cup fresh cilantro,  
chopped*

*1/4 teaspoon red pepper  
flakes*

*1 small clove garlic*

*1/2 small fresh pineapple,  
peeled, cored and roughly  
chopped*

In a blender, blend the lime juice, cilantro, red pepper flakes, garlic and pineapple. Blend until smooth and vibrant green.

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Per Serving (excluding unknown items): 20 Calories; trace Fat (6.8% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit.