



Barb's Curried Mango-Avocado Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 avocados diced pitted peeled
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 mangos diced peeled seeded
- ☐ 2 tablespoons onion red minced

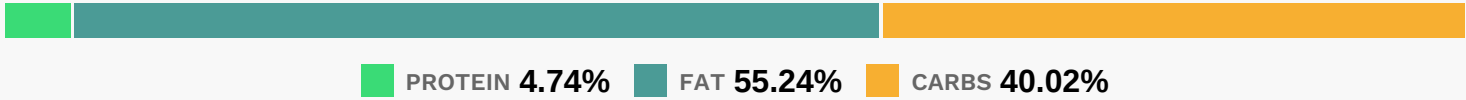
Equipment

- ☐ bowl

Directions

☐ Toss together the mango, avocado, onion, lime juice, and curry powder in a large bowl. Cover and refrigerate for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.47, Glycemic Load:7.97, Inflammation Score:-8, Nutrition Score:14.644782626111%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 225.65kcal (11.28%), Fat: 15.21g (23.39%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 16.26g (5.91%), Sugar: 15.02g (16.69%), Cholesterol: 0mg (0%), Sodium: 8.38mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin C: 49.06mg (59.47%), Fiber: 8.53g (34.12%), Folate: 127.14µg (31.79%), Vitamin A: 1270.99IU (25.42%), Vitamin K: 25.73µg (24.51%), Vitamin E: 3.08mg (20.5%), Vitamin B6: 0.39mg (19.44%), Potassium: 673.2mg (19.23%), Vitamin B5: 1.61mg (16.08%), Copper: 0.31mg (15.49%), Vitamin B3: 2.46mg (12.29%), Manganese: 0.22mg (11.13%), Magnesium: 40.68mg (10.17%), Vitamin B2: 0.17mg (10.11%), Phosphorus: 68.87mg (6.89%), Vitamin B1: 0.1mg (6.6%), Zinc: 0.75mg (5.02%), Iron: 0.8mg (4.45%), Calcium: 25.74mg (2.57%), Selenium: 1.08µg (1.55%)