



Bing's Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups mangos sweet ripe peeled (and seed removed)
- 1 lime zest
- 2 juice of lime
- 2 tablespoons mint leaves
- 2 tablespoons onion very thinly sliced ()
- 0.5 teaspoon salt to taste (or)
- 0.5 teaspoon pepper black to taste (or)
- 1 teaspoon sugar to taste (or)

- 2 teaspoons pepper flakes (fresh seeds removed) chopped

Equipment

- bowl
- mixing bowl

Directions

- Begin by cutting the mangoes into small 1.5cm by 1.5cm cubes.
- Place the mangoes in a large mixing bowl. Grate the zest of 1 lime into the mangoes.
- Squeeze juice from half a lime into the mangoes.
- Add more lime juice to taste if required later.
- Chop a bunch of coriander leaves (or use mint leaves if you hate the taste of coriander) into fine bits.
- Add the chopped coriander to the mango mixture.
- Stir well to combine. In fact, Suvarna recommended to stir well after the addition of every ingredient.
- Cut the shallots or red onion into very thin slices.
- Add the sliced shallots or red onion to the mango mixture and stir well to combine.
- Add 1/2 teaspoon of salt or to taste.
- Add 1/2 teaspoon of black pepper or to taste.
- Add 1 teaspoon of sugar or to taste.
- Stir well to combine and do a taste test.
- Add lime juice, sugar, salt or pepper as necessary to get a nice savoury sweet tangy flavour.
- Finally add the chopped chillis.
- Add according to your own heat tolerance. Some chillis are more spicy than others so add a little at a time till you acquire the desired spiciness. Stir well to combine.
- Cover the bowl with cling wrap and place bowl in the fridge for at least 1/2 hour for the flavours to combine.
- Keep the mango salsa chilled till ready to serve.

Nutrition Facts

PROTEIN 5.62% FAT 4.59% CARBS 89.79%

Properties

Glycemic Index:64.46, Glycemic Load:5.62, Inflammation Score:-6, Nutrition Score:5.4813043478261%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 8.8mg, Hesperetin: 8.8mg, Hesperetin: 8.8mg, Hesperetin: 8.8mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Taste

Sweetness: 100%, Saltiness: 3.9%, Sourness: 45.89%, Bitterness: 30.72%, Savoriness: 0.82%, Fattiness: 33.87%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 55.13kcal (2.76%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 12.61g (4.59%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 293.2mg (12.75%), Protein: 0.91g (1.82%), Vitamin C: 36.65mg (44.43%), Vitamin A: 816.83IU (16.34%), Folate: 33.86µg (8.47%), Fiber: 1.9g (7.62%), Manganese: 0.12mg (5.81%), Vitamin B6: 0.11mg (5.46%), Copper: 0.1mg (5.03%), Potassium: 171.56mg (4.9%), Vitamin E: 0.65mg (4.32%), Vitamin K: 3.57µg (3.4%), Magnesium: 11.9mg (2.98%), Vitamin B3: 0.55mg (2.76%), Vitamin B2: 0.04mg (2.35%), Calcium: 23.31mg (2.33%), Iron: 0.4mg (2.24%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.2mg (2%), Phosphorus: 18.52mg (1.85%)