



Chili-Dusted Mango

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



63 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon chili powder
- 1 teaspoon cilantro leaves fresh
- 2 teaspoons juice of lime fresh
- 2 mangoes ripe peeled seeded cut into 1/2-inch slices

Equipment

Directions

Arrange mango slices evenly on 4 plates; sprinkle evenly with lime juice, chili powder, and cilantro.

Nutrition Facts

PROTEIN 4.98% **FAT 5.28%** **CARBS 89.74%**

Properties

Glycemic Index:20.94, Glycemic Load:7.18, Inflammation Score:-7, Nutrition Score:5.9808696923049%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg 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 Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 63.08kcal (3.15%), Fat: 0.41g (0.64%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.09g (5.12%), Sugar: 14.23g (15.81%), Cholesterol: 0mg (0%), Sodium: 3.15mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Vitamin C: 38.43mg (46.58%), Vitamin A: 1159.87IU (23.2%), Folate: 44.81µg (11.2%), Fiber: 1.71g (6.84%), Vitamin E: 0.99mg (6.57%), Vitamin B6: 0.13mg (6.34%), Copper: 0.12mg (5.84%), Potassium: 179.37mg (5.12%), Vitamin K: 4.57µg (4.35%), Vitamin B3: 0.71mg (3.55%), Manganese: 0.07mg (3.39%), Magnesium: 10.74mg (2.69%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.21mg (2.08%), Vitamin B1: 0.03mg (2%), Phosphorus: 15.23mg (1.52%), Calcium: 12.16mg (1.22%), Iron: 0.19mg (1.06%)