



Colorful Mango Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pint blueberries fresh to taste
- 4 limes cut into 6 wedges
- 3 large mangoes ripe peeled cut into long, thin strips
- 2 bell peppers red cut into long, thin strips
- 2 jicamas peeled cut into long, thin strips
- 2 jicamas peeled cut into long, thin strips

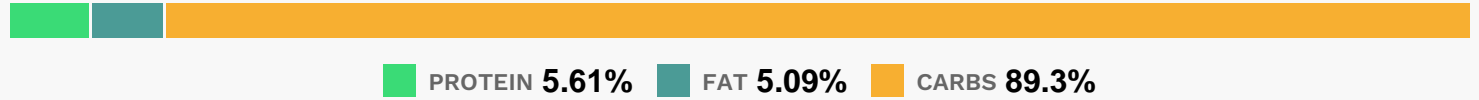
Equipment

- bowl

Directions

- Toss mango, red bell pepper, and jicama together in a large salad.
- Add blueberries and toss gently to mix.
- Cut a slit into each lime wedge and arrange around the edge of the salad bowl to be squeezed over individual salad portions.

Nutrition Facts



Properties

Glycemic Index:6.49, Glycemic Load:3.15, Inflammation Score:-5, Nutrition Score:3.8821739748768%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.33mg, Malvidin: 13.33mg, Malvidin: 13.33mg, Malvidin: 13.33mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 32.69kcal (1.63%), Fat: 0.22g (0.33%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin C: 27.27mg (33.06%), Vitamin A: 606.69IU (12.13%), Fiber: 1.41g (5.63%), Vitamin K: 5.44µg (5.19%), Manganese: 0.09mg (4.73%), Folate: 17.76µg (4.44%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.53mg (3.51%), Potassium: 90.97mg (2.6%), Copper: 0.05mg (2.45%), Vitamin B3: 0.37mg (1.87%), Vitamin B2: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.55%), Magnesium: 5.63mg (1.41%), Vitamin B5: 0.13mg (1.31%), Iron: 0.21mg (1.15%), Phosphorus: 10.58mg (1.06%)