



Cucumber Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



18

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 medium mangos seeds removed, peeled and coarsely chopped ripe
- 1 large cucumber peeled seeded coarsely chopped
- 2 jalapeno seeded finely chopped
- 0.3 cup onion finely chopped
- 1 clove garlic finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon juice of lime
- 0.3 teaspoon salt

- 0.1 teaspoon pepper
- 18 oz tortilla chips (from two 12-oz bags)

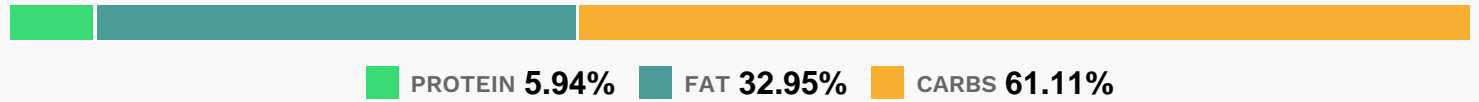
Equipment

- bowl

Directions

- In medium bowl, stir together all ingredients except tortilla chips.
- Cover; refrigerate at least 2 hours or overnight to allow flavors to blend.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:5.0186957069065%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 158.26kcal (7.91%), Fat: 6.04g (9.29%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 22.89g (8.32%), Sugar: 5.34g (5.93%), Cholesterol: 0mg (0%), Sodium: 126.23mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin C: 15.43mg (18.7%), Vitamin E: 1.38mg (9.2%), Fiber: 2.29g (9.16%), Vitamin K: 9.51µg (9.06%), Vitamin A: 417.66IU (8.35%), Magnesium: 29.78mg (7.44%), Phosphorus: 73.43mg (7.34%), Vitamin B6: 0.11mg (5.58%), Folate: 21.49µg (5.37%), Vitamin B5: 0.45mg (4.52%), Potassium: 140.81mg (4.02%), Copper: 0.08mg (3.99%), Vitamin B1: 0.06mg (3.77%), Calcium: 37.37mg (3.74%), Zinc: 0.46mg (3.06%), Iron: 0.54mg (2.99%), Vitamin B3: 0.5mg (2.51%), Vitamin B2: 0.04mg (2.31%), Manganese: 0.04mg (2.16%), Selenium: 1.51µg (2.16%)