



Double-Mango Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon ground coriander
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup mangos divided ripe cubed peeled
- ☐ 1 tablespoon pistachios chopped
- ☐ 3 cups gourmet salad greens
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup strawberries sliced
- ☐ 0.5 teaspoon vegetable oil

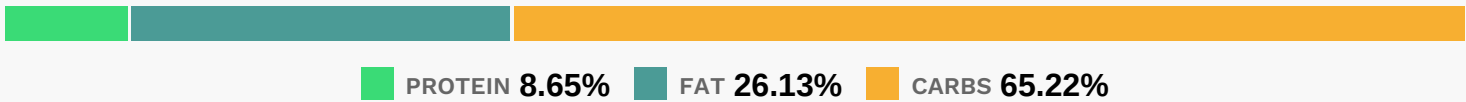
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place 3/4 cup mango in a food processor; process until finely chopped.
- ☐ Add lime juice, oil, coriander, and salt; process until smooth, scraping sides of bowl once.
- ☐ Combine 1/4 cup mango, greens, and strawberries in a large bowl. Divide salad between 2 serving dishes, and sprinkle with nuts.
- ☐ Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:6.66, Inflammation Score:-8, Nutrition Score:10.745652141778%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg 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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 105kcal (5.25%), Fat: 3.38g (5.21%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 16.34g (5.94%), Sugar: 13.48g (14.97%), Cholesterol: 0mg (0%), Sodium: 162.49mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin C: 67.68mg (82.04%), Vitamin A: 1597.88IU (31.96%), Folate: 68.98µg (17.24%), Manganese: 0.34mg (16.77%), Vitamin B6: 0.23mg (11.48%), Fiber: 2.67g (10.66%), Potassium: 350.46mg (10.01%), Copper: 0.19mg (9.73%), Vitamin E: 1.04mg (6.94%), Magnesium: 26.32mg (6.58%), Phosphorus: 65.06mg (6.51%), Vitamin K: 6.37µg (6.07%), Vitamin B1: 0.09mg (5.7%), Vitamin B3: 1.09mg (5.45%), Iron: 0.89mg (4.97%), Vitamin B2: 0.08mg (4.58%), Calcium: 31.26mg (3.13%), Vitamin B5: 0.31mg (3.08%), Zinc: 0.36mg (2.42%), Selenium: 1.28µg (1.83%)