



## DSF's Fresh Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 3 cloves garlic minced
- 8 servings salt and ground pepper black to taste
- 1 juice of lime juiced
- 1 mangos diced peeled seeded
- 0.5 small onion diced red
- 2 roma tomatoes diced (plum)
- 1 serrano chiles minced seeded to taste

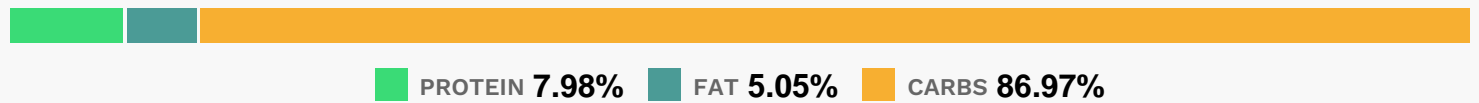
# Equipment

bowl

# Directions

- Stir mango, tomatoes, onion, cilantro, serrano pepper, and garlic together in a bowl.
- Drizzle lime juice over the mango mixture and mix well. Season with salt and black pepper. Refrigerate until flavors blend and salsa is cold, at least 30 minutes.

# Nutrition Facts



# Properties

Glycemic Index:26.34, Glycemic Load:2.21, Inflammation Score:-4, Nutrition Score:2.7326086733652%

# 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

# Nutrients (% of daily need)

Calories: 24.28kcal (1.21%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.12g (1.86%), Sugar: 4.35g (4.84%), Cholesterol: 0mg (0%), Sodium: 1.9mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin C: 14mg (16.97%), Vitamin A: 452.51IU (9.05%), Vitamin K: 4.18µg (3.98%), Manganese: 0.08mg (3.93%), Folate: 15.67µg (3.92%), Vitamin B6: 0.07mg (3.58%), Fiber: 0.82g (3.29%), Potassium: 105.36mg (3.01%), Copper: 0.05mg (2.42%), Vitamin E: 0.35mg (2.31%), Vitamin B3: 0.3mg (1.52%), Magnesium: 6.03mg (1.51%), Vitamin B1: 0.02mg (1.35%), Phosphorus: 12.28mg (1.23%), Vitamin B2: 0.02mg (1.06%)