

Easy Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons cilantro leaves fresh chopped
- 1 clove garlic minced to taste
- 2 spring onion chopped
- 1 tablespoon juice of lime
- 2 mangos diced peeled seeded
- 1 tablespoon orange juice

Equipment

- bowl

Directions

- ☐ Stir the mangos, green onions, garlic, cilantro, lime juice, and orange juice together in a bowl. Chill at least 1 hour before serving.

Nutrition Facts



PROTEIN 5.57% FAT 4.99% CARBS 89.44%

Properties

Glycemic Index:32.96, Glycemic Load:5.04, Inflammation Score:-6, Nutrition Score:4.7713043871133%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 45.37kcal (2.27%), Fat: 0.28g (0.43%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 10.08g (3.67%), Sugar: 9.83g (10.93%), Cholesterol: 0mg (0%), Sodium: 1.59mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin C: 28.24mg (34.24%), Vitamin A: 806.92IU (16.14%), Vitamin K: 11.82µg (11.26%), Folate: 33.47µg (8.37%), Fiber: 1.24g (4.96%), Vitamin B6: 0.09mg (4.66%), Vitamin E: 0.65mg (4.37%), Copper: 0.08mg (4.19%), Potassium: 138.6mg (3.96%), Manganese: 0.06mg (3%), Vitamin B3: 0.5mg (2.52%), Magnesium: 8.39mg (2.1%), Vitamin B2: 0.03mg (1.85%), Vitamin B1: 0.03mg (1.72%), Vitamin B5: 0.15mg (1.52%), Phosphorus: 12.83mg (1.28%), Calcium: 12.17mg (1.22%), Iron: 0.19mg (1.05%)