



## Gingered Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup mangos peeled chopped
- 0.3 cup onion red chopped
- 0.3 cup cilantro leaves fresh minced
- 0.3 cup juice of lime
- 2 tablespoons mint leaves fresh minced
- 1 tablespoon ginger fresh minced
- 0.5 teaspoon olive oil
- 0.3 teaspoon salt

# Equipment

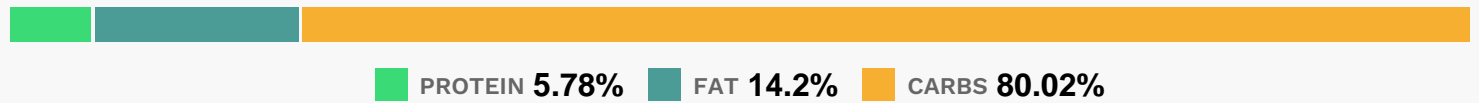
bowl

# Directions

In a bowl, combine all ingredients.

Let stand for 30 minutes before serving.

# Nutrition Facts



# Properties

Glycemic Index:25.15, Glycemic Load:2.49, Inflammation Score:-5, Nutrition Score:3.0234782462535%

# 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: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

# Nutrients (% of daily need)

Calories: 32.26kcal (1.61%), Fat: 0.58g (0.89%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.37g (2.32%), Sugar: 5.1g (5.66%), Cholesterol: 0mg (0%), Sodium: 118.34mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 17.16mg (20.8%), Vitamin A: 502.21IU (10.04%), Folate: 19.85µg (4.96%), Vitamin K: 4.21µg (4.01%), Fiber: 0.92g (3.69%), Manganese: 0.06mg (3.19%), Vitamin B6: 0.06mg (2.97%), Potassium: 102.66mg (2.93%), Copper: 0.05mg (2.73%), Vitamin E: 0.41mg (2.71%), Magnesium: 7.48mg (1.87%), Vitamin B3: 0.3mg (1.5%), Vitamin B2: 0.02mg (1.39%), Calcium: 12.86mg (1.29%), Vitamin B1: 0.02mg (1.23%), Iron: 0.21mg (1.15%), Phosphorus: 10.95mg (1.1%), Vitamin B5: 0.1mg (1.04%)