



Holiday Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



5

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup cilantro leaves fresh chopped



2 cups mangos fresh diced refrigerated (or)



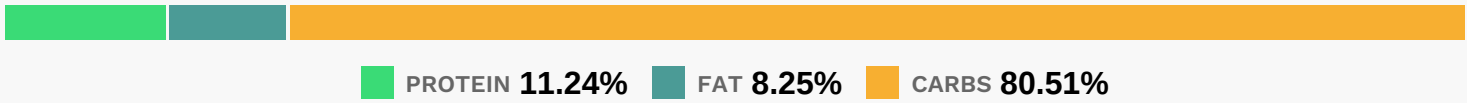
10 oz pepper marmalade

Equipment

Directions

- ☐ Stir together 1 (10-oz.) jar pepper marmalade, 2 cups diced mango (fresh or refrigerated), and 1/4 cup chopped fresh cilantro.
- ☐ Serve immediately, or cover and chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:23.15, Glycemic Load:11.59, Inflammation Score:-8, Nutrition Score:23.145217294278%

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: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 182.1kcal (9.1%), Fat: 2.1g (3.24%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 30.77g (11.19%), Sugar: 9.41g (10.46%), Cholesterol: 0mg (0%), Sodium: 12.37mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Manganese: 7.28mg (363.79%), Vitamin K: 98.07µg (93.4%), Fiber: 15.42g (61.69%), Copper: 0.83mg (41.46%), Iron: 5.63mg (31.25%), Vitamin C: 24.24mg (29.38%), Magnesium: 103.76mg (25.94%), Calcium: 258.97mg (25.9%), Potassium: 868.58mg (24.82%), Vitamin A: 1078.25IU (21.56%), Vitamin B6: 0.24mg (12.24%), Phosphorus: 99.21mg (9.92%), Folate: 38.51µg (9.63%), Vitamin B5: 0.93mg (9.28%), Vitamin E: 1.2mg (8.02%), Vitamin B2: 0.13mg (7.55%), Vitamin B3: 1.1mg (5.49%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.74mg (4.92%), Selenium: 3.18µg (4.54%)