



## Jalapeno-Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 2 jalapeño chiles whole
- 1 juice of lime juiced
- 8 servings kosher salt and pepper freshly ground
- 2 mangoes diced pitted peeled
- 0.3 large onion red minced
- 2 tablespoons vegetable oil

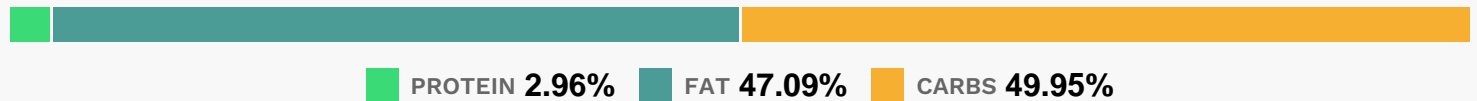
## Equipment

- frying pan
- mixing bowl

## Directions

- Heat the vegetable oil in a small saute pan over medium-high heat. Lightly fry the jalapeno chiles, turning them in the pan until their skins are blistered, about 5 minutes. Set aside to cool. Once cooled, stem, seed and finely chop the jalapeno chiles and place them into a large mixing bowl.
- Add the cilantro, mangoes, lime juice and onions and season with salt and pepper.
- Serve immediately or store the salsa in the refrigerator in an airtight container for up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:17.84, Glycemic Load:3.7, Inflammation Score:-5, Nutrition Score:3.896086961031%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 64.46kcal (3.22%), Fat: 3.62g (5.56%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.63g (2.77%), Sugar: 7.44g (8.27%), Cholesterol: 0mg (0%), Sodium: 194.67mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 24.39mg (29.57%), Vitamin A: 606.36IU (12.13%), Vitamin K: 9.42µg (8.97%), Folate: 24.29µg (6.07%), Vitamin E: 0.88mg (5.87%), Vitamin B6: 0.08mg (4.1%), Fiber: 1g (4.01%), Copper: 0.06mg (3.09%), Potassium: 105.59mg (3.02%), Manganese: 0.04mg (2.1%), Vitamin B3:

0.4mg (2.01%), Magnesium: 6.37mg (1.59%), Vitamin B2: 0.02mg (1.4%), Vitamin B1: 0.02mg (1.23%), Vitamin B5:  
0.12mg (1.22%)