



 **100%**
HEALTH SCORE

Lentil Mango Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch cilantro leaves
- 1 pound lentils cooked
- 1 clove garlic
- 1 mangos
- 0.5 cup olive oil
- 4 servings bell pepper
- 4 servings bell pepper
- 1 bell pepper red

- 1 onion red
- 4 servings salt
- 0.3 cup citrus champagne vinegar

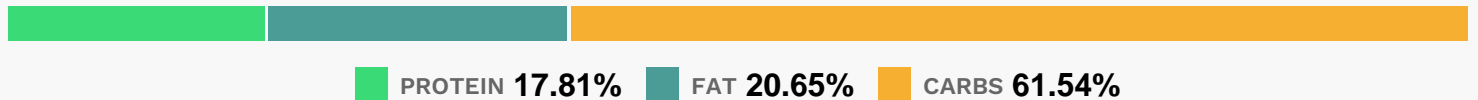
Equipment

- bowl

Directions

- Clean and chop the onion, red pepper, garlic, Cilantro
- Peel and chop mango
- Place all salad ingredients in a bowl, add the oil, vinegar, season with salt and pepper
- Mix well and leave in the refrigerator for 1 / 2 hour
- This salad is left to eat alone or to accompany meat and poultry dishes, enjoy ...

Nutrition Facts



Properties

Glycemic Index:66.6, Glycemic Load:10.59, Inflammation Score:-10, Nutrition Score:29.543043478261%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Taste

Sweetness: 75.64%, Saltiness: 95.6%, Sourness: 31.86%, Bitterness: 39.97%, Savoriness: 37.61%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 272.22kcal (13.61%), Fat: 6.61g (10.16%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 30.22g (10.99%), Sugar: 17.83g (19.81%), Cholesterol: 0mg (0%), Sodium: 207.18mg (9.01%), Protein: 12.82g (25.64%), Vitamin C: 252.22mg (305.72%), Vitamin A: 6301.25IU (126.02%), Folate: 316.22µg (79.05%), Fiber: 14.08g (56.32%), Manganese: 0.86mg (42.84%), Vitamin B6: 0.83mg (41.44%), Vitamin E: 4.25mg (28.32%), Potassium: 942.04mg (26.92%), Phosphorus: 269.11mg (26.91%), Iron: 4.83mg (26.85%), Vitamin K: 22.43µg (21.37%), Vitamin B1: 0.32mg (21.21%), Copper: 0.39mg (19.58%), Magnesium: 71.51mg (17.88%), Vitamin B3: 3.36mg (16.79%), Vitamin B2: 0.27mg (15.64%), Vitamin B5: 1.44mg (14.42%), Zinc: 2mg (13.36%), Selenium: 3.93µg (5.61%), Calcium: 49.84mg (4.98%)