



Lime-Scented Mango-Strawberry Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup juice of lime fresh
- 2 teaspoons lime zest grated
- 3 cups mangoes diced peeled (2 to 3 large mangoes)
- 2 lb strawberries trimmed sliced
- 0.8 cup sugar

Equipment

- bowl
- sauce pan

Directions

- Combine sugar and 1/3 cup water in a small saucepan and bring to a boil over high heat, stirring occasionally. Reduce heat to medium-low and simmer until sugar has dissolved, about 3 minutes.
- Remove from heat and let cool. Stir in lime zest and juice; let cool to room temperature.
- Mix strawberries with mangoes in a large bowl.
- Add syrup and gently stir until well mixed. Refrigerate at least 30 minutes or until ready to serve.

Nutrition Facts



PROTEIN 3.25% FAT 3.6% CARBS 93.15%

Properties

Glycemic Index:24.23, Glycemic Load:19.97, Inflammation Score:-7, Nutrition Score:9.8965217600698%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.19mg, Pelargonidin: 28.19mg, Pelargonidin: 28.19mg, Pelargonidin: 28.19mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg 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: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 147.64kcal (7.38%), Fat: 0.64g (0.99%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 34.05g (12.38%), Sugar: 32.87g (36.52%), Cholesterol: 0mg (0%), Sodium: 2.1mg (0.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin C: 91.61mg (111.05%), Manganese: 0.48mg (23.94%), Vitamin A: 687.13IU (13.74%), Folate: 54.62µg (13.65%), Fiber: 3.3g (13.21%), Potassium: 287.18mg (8.21%), Vitamin B6: 0.13mg (6.5%), Copper: 0.13mg (6.34%), Vitamin E: 0.9mg (6.02%), Magnesium: 21.56mg (5.39%), Vitamin K: 5.14µg (4.9%), Vitamin B3: 0.86mg (4.32%), Phosphorus: 37.03mg (3.7%), Iron: 0.58mg (3.24%), Vitamin B2: 0.05mg (3.13%), Vitamin B1: 0.05mg (3.11%), Vitamin B5: 0.27mg (2.74%), Calcium: 26.36mg (2.64%), Zinc: 0.22mg (1.49%), Selenium: 0.95µg (1.35%)