



Mango-and-Avocado Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado diced pitted peeled halved
- 1 medium mangos diced pitted ripe peeled
- 1 small onion diced red
- 0.3 cup cilantro leaves fresh finely chopped
- 0.5 scotch bonnet peppers (seeds removed), minced
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- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil extra virgin extra-virgin

0.5 teaspoon coarse salt

Equipment

bowl

Directions

In a bowl, combine all ingredients.

Nutrition Facts

 **PROTEIN 4.32%**  **FAT 59.1%**  **CARBS 36.58%**

Properties

Glycemic Index:80.25, Glycemic Load:6.14, Inflammation Score:-8, Nutrition Score:11.871739117996%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 208.66kcal (10.43%), Fat: 14.84g (22.84%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 14.33g (5.21%), Sugar: 11.81g (13.12%), Cholesterol: 0mg (0%), Sodium: 395.63mg (17.2%), Alcohol: 0g (100%), Protein: 2.44g (4.88%), Vitamin C: 42.68mg (51.73%), Fiber: 6.34g (25.37%), Vitamin K: 24.58µg (23.41%), Folate: 93.5µg (23.38%), Vitamin A: 971.84IU (19.44%), Vitamin E: 2.77mg (18.44%), Vitamin B6: 0.32mg (16.05%), Potassium: 523.91mg (14.97%), Copper: 0.23mg (11.42%), Vitamin B5: 1.14mg (11.38%), Manganese: 0.2mg (10.03%), Vitamin B3: 1.74mg (8.7%), Magnesium: 31.92mg (7.98%), Vitamin B2: 0.13mg (7.63%), Phosphorus: 58.61mg (5.86%), Vitamin B1: 0.09mg (5.79%), Zinc: 0.58mg (3.85%), Iron: 0.65mg (3.62%), Calcium: 27.11mg (2.71%), Selenium: 0.9µg (1.29%)