



Mango and Peach Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



5

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 jalapeño seeded finely chopped
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 medium mangos diced peeled
- ☐ 2 medium peaches diced peeled
- ☐ 0.5 cup onion red chopped
- ☐ 5 servings salt and pepper black freshly ground
- ☐ 1 tablespoon vegetable oil

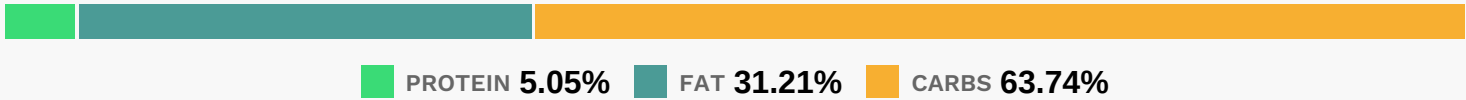
Equipment

☐ bowl

Directions

- ☐ Toss all the peaches, mango, onions, jalapeno, lime juice, oil and cilantro together in a large bowl. Season with salt and pepper and refrigerate at least 1 hour before serving.
- ☐ Cook's Note: If the fruit is under-ripe, toss with some lime juice and 1 tablespoon sugar. Set aside to macerate for 15 minutes before adding the other ingredients and refrigerating.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:5.15869562522222%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg 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: 3.66mg, Catechin: 3.66mg, Catechin: 3.66mg, Catechin: 3.66mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 81.98kcal (4.1%), Fat: 3.07g (4.73%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 12.16g (4.42%), Sugar: 11.52g (12.8%), Cholesterol: 0mg (0%), Sodium: 9.35mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin C: 22.55mg (27.33%), Vitamin A: 729.08IU (14.58%), Vitamin K: 11.77µg (11.21%), Fiber: 1.96g (7.86%), Vitamin E: 1.16mg (7.73%), Folate: 25.81µg (6.45%), Copper: 0.1mg (5.18%), Potassium: 179.72mg (5.13%), Manganese: 0.1mg (5.12%), Vitamin B6: 0.1mg (4.85%), Vitamin B3: 0.83mg (4.13%), Magnesium: 11.42mg (2.85%), Phosphorus: 25.05mg (2.5%), Vitamin B2: 0.04mg (2.48%), Vitamin B1:

0.04mg (2.36%), Selenium: 1.61µg (2.3%), Vitamin B5: 0.21mg (2.09%), Iron: 0.34mg (1.87%), Zinc: 0.21mg (1.42%),
Calcium: 12.09mg (1.21%)