



## Mango-and-Roasted Corn Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons cilantro leaves fresh minced
- 1.5 cups corn kernels fresh ( 3 ears)
- 1.5 teaspoons ginger fresh grated peeled
- 2 tablespoons mint leaves fresh minced
- 0.3 cup juice of lemon fresh
- 1.5 cups mangos diced peeled
- 0.3 teaspoon salt
- 2 tablespoons onion diced sweet

1 teaspoon vegetable oil

## Equipment

bowl

baking sheet

oven

## Directions

Preheat oven to 40

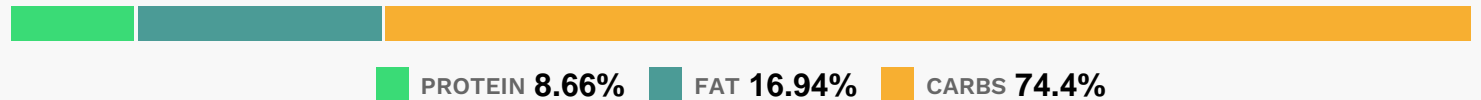
Combine corn and oil, tossing well.

Place on a baking sheet, spreading evenly.

Bake at 400 for 15 minutes. Cool.

Combine corn, mango, and remaining ingredients in a bowl; toss gently.

## Nutrition Facts



## Properties

Glycemic Index:12.34, Glycemic Load:2.15, Inflammation Score:-4, Nutrition Score:3.6256521603336%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 50.59kcal (2.53%), Fat: 1.08g (1.67%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.5g (3.46%), Sugar: 6.27g (6.96%), Cholesterol: 0mg (0%), Sodium: 77.82mg (3.38%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin C: 16.62mg (20.15%), Vitamin A: 445.91IU (8.92%), Folate: 28.35µg (7.09%), Fiber: 1.19g (4.78%), Potassium: 145.41mg (4.15%), Manganese: 0.08mg (4.14%), Magnesium: 15.02mg (3.76%), Vitamin B1: 0.05mg (3.66%), Vitamin B3: 0.72mg (3.62%), Vitamin B6: 0.07mg (3.56%), Phosphorus: 30.9mg (3.09%), Copper: 0.06mg (2.84%), Vitamin B5: 0.27mg (2.74%), Vitamin K: 2.73µg (2.6%), Vitamin E: 0.36mg (2.39%), Vitamin B2: 0.03mg (1.88%), Iron: 0.27mg (1.51%), Zinc: 0.18mg (1.17%)