



Mango and Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 jalapeño chile minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime
- ☐ 1.5 cups mangos ripe cubed
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 tsp sugar
- ☐ 2 medium tomatoes ripe chopped

☐

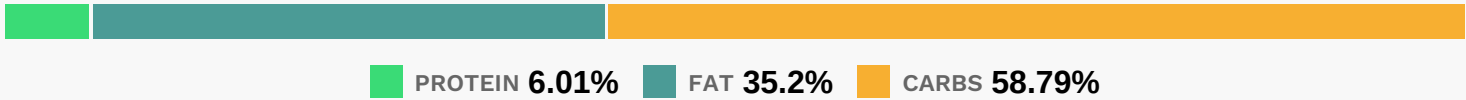
20 servings tortilla chips and/or grilled chicken

Equipment

Directions

- ☐ Mix first 9 ingredients together.
- ☐ Serve with tortilla chips or spoon over chicken.

Nutrition Facts



Properties

Glycemic Index:12.54, Glycemic Load:1.22, Inflammation Score:-3, Nutrition Score:3.8191303740377%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 144.83kcal (7.24%), Fat: 5.88g (9.04%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 20.12g (7.32%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 209.16mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 7.82mg (9.48%), Vitamin E: 1.2mg (8%), Fiber: 1.96g (7.83%), Vitamin K: 8.12µg (7.73%), Phosphorus: 69.33mg (6.93%), Magnesium: 26.79mg (6.7%), Vitamin A: 259.07IU (5.18%), Vitamin B6: 0.08mg (4.16%), Vitamin B5: 0.38mg (3.77%), Calcium: 33.69mg (3.37%), Vitamin B1: 0.05mg (3.32%), Potassium: 111.3mg (3.18%), Folate: 11.75µg (2.94%), Zinc: 0.43mg (2.86%), Iron: 0.49mg (2.75%), Copper: 0.05mg (2.55%), Vitamin B3: 0.41mg (2.04%), Selenium: 1.33µg (1.91%), Vitamin B2: 0.03mg (1.69%), Manganese: 0.03mg (1.45%)