



Mango-Avocado Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 2 avocado chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup jicama chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup mangos peeled seeded chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon sugar

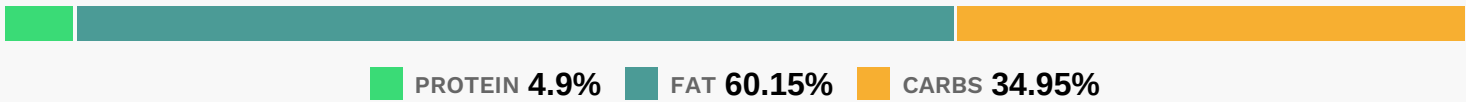
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a large bowl, tossing to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:30.73, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:7.2447825851648%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 102.59kcal (5.13%), Fat: 7.54g (11.59%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 150.18mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 28.4mg (34.42%), Fiber: 4.34g (17.35%), Folate: 55.66µg (13.92%), Vitamin A: 601.92IU (12.04%), Vitamin K: 12.26µg (11.68%), Vitamin E: 1.43mg (9.56%), Vitamin B6: 0.19mg (9.39%), Potassium: 321.84mg (9.2%), Vitamin B5: 0.79mg (7.89%), Copper: 0.13mg (6.37%), Vitamin B3: 1.14mg (5.69%), Manganese: 0.11mg (5.3%), Vitamin B2: 0.09mg (5.01%), Magnesium: 19.82mg (4.95%), Phosphorus: 34.63mg (3.46%), Vitamin B1: 0.05mg (3.26%), Iron: 0.49mg (2.73%), Zinc: 0.39mg (2.6%), Calcium: 12.31mg (1.23%)