



Mango-Banana Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup banana diced (1 medium)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons jalapeno minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos chopped
- ☐ 0.3 cup bell pepper red finely chopped

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0.3 cup onion red finely chopped

Equipment

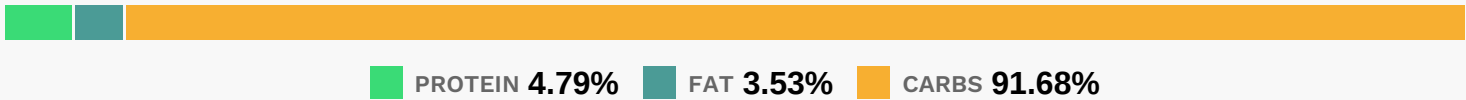
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bowl

Directions

- ☐ Combine first 8 ingredients in a medium bowl.
- ☐ Let stand 30 minutes.
- ☐ Stir in banana just before serving.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:4.44, Inflammation Score:-4, Nutrition Score:3.1460869960163%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 39.31kcal (1.97%), Fat: 0.17g (0.26%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 8.97g (3.26%), Sugar: 7.08g (7.87%), Cholesterol: 0mg (0%), Sodium: 1.24mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin C: 18.24mg (22.11%), Vitamin A: 430.14IU (8.6%), Vitamin B6: 0.12mg (6.07%), Fiber: 1.08g (4.3%), Folate: 16.81µg (4.2%), Manganese: 0.08mg (4.08%), Potassium: 131.46mg (3.76%), Vitamin K: 3.01µg (2.87%), Vitamin E: 0.35mg (2.3%), Magnesium: 9mg (2.25%), Copper: 0.04mg (2.22%), Vitamin B2: 0.03mg (1.76%), Vitamin B3: 0.35mg (1.73%), Vitamin B5: 0.14mg (1.38%), Vitamin B1: 0.02mg (1.22%), Phosphorus: 10.96mg (1.1%)