



Mango Berry Fruit Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup blackberries fresh
- 0.5 cup blueberries fresh
- 0.3 cup cilantro leaves chopped
- 0.5 cup hazelnuts toasted
- 2 mangos diced peeled seeded
- 4 ounces parmesan cheese freshly grated
- 0.5 cup raspberries fresh
- 0.3 cup onion red sliced

- 1 cup balsamic vinaigrette salad dressing
- 8 cups the salad mixed
- 0.5 cup strawberries fresh halved

Equipment

- bowl
- blender

Directions

- Place 1 mango and the raspberry vinaigrette dressing in a blender, and blend until liquefied.
- In a bowl, toss the remaining mango, salad greens, cilantro, and onion.
- Drizzle with the dressing mixture. Top each serving with equal amounts of raspberries, blackberries, strawberries, blueberries, and hazelnuts.
- Sprinkle with Parmesan cheese.

Nutrition Facts

PROTEIN 8.42% **FAT 69.93%** **CARBS 21.65%**

Properties

Glycemic Index:42.79, Glycemic Load:6.17, Inflammation Score:-9, Nutrition Score:17.828260831211%

Flavonoids

Cyanidin: 18.56mg, Cyanidin: 18.56mg, Cyanidin: 18.56mg, Cyanidin: 18.56mg Petunidin: 3.93mg, Petunidin: 3.93mg, Petunidin: 3.93mg, Petunidin: 3.93mg Delphinidin: 4.55mg, Delphinidin: 4.55mg, Delphinidin: 4.55mg, Delphinidin: 4.55mg Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg Pelargonidin: 3.15mg, Pelargonidin: 3.15mg, Pelargonidin: 3.15mg, Pelargonidin: 3.15mg Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg Catechin: 6.91mg, Catechin: 6.91mg, Catechin: 6.91mg, Catechin: 6.91mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol:

0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 403.43kcal (20.17%), Fat: 32.76g (50.4%), Saturated Fat: 7.25g (45.3%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 18.79g (6.83%), Sugar: 14.07g (15.64%), Cholesterol: 16.44mg (5.48%), Sodium: 346.75mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.75%), Vitamin C: 52.19mg (63.25%), Vitamin K: 53.7µg (51.14%), Manganese: 1mg (49.96%), Vitamin A: 1600.13IU (32%), Vitamin E: 4.49mg (29.92%), Calcium: 203.62mg (20.36%), Phosphorus: 191.44mg (19.14%), Folate: 72.24µg (18.06%), Copper: 0.33mg (16.43%), Fiber: 4.03g (16.11%), Selenium: 8.32µg (11.88%), Vitamin B6: 0.23mg (11.33%), Potassium: 389.37mg (11.12%), Magnesium: 43.42mg (10.86%), Zinc: 1.39mg (9.3%), Vitamin B2: 0.15mg (8.64%), Vitamin B1: 0.12mg (8.09%), Iron: 1.25mg (6.97%), Vitamin B3: 1.2mg (6%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.26µg (4.25%)