



Mango-Berry Toss

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 teaspoon honey
- ☐ 1 pound mangos pitted peeled cut into 1-inch pieces
- ☐ 1 tablespoon orange juice concentrate frozen thawed ()
- ☐ 6 cups the salad mixed
- ☐ 1 cup blackberries sliced

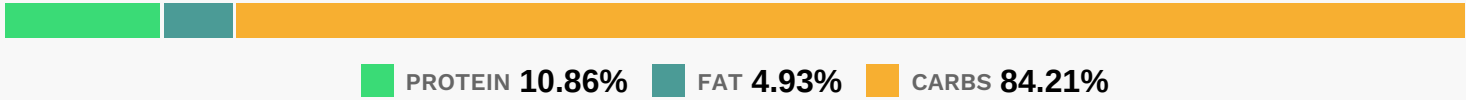
Equipment

- ☐ bowl

Directions

- ☐ Mix all Orange-Yogurt Dressing ingredients.
- ☐ In large serving bowl, toss all Salad ingredients; serve with dressing.

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:9, Inflammation Score:-9, Nutrition Score:12.881739253583%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 15.29mg, Catechin: 15.29mg, Catechin: 15.29mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 115.34kcal (5.77%), Fat: 0.7g (1.07%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 22.95g (8.35%), Sugar: 21.4g (23.77%), Cholesterol: 0.41mg (0.14%), Sodium: 33.14mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin C: 68.31mg (82.8%), Vitamin A: 2001.05IU (40.02%), Folate: 85.29µg (21.32%), Manganese: 0.4mg (19.82%), Fiber: 3.76g (15.05%), Potassium: 428.25mg (12.24%), Vitamin K: 11.95µg (11.38%), Copper: 0.22mg (11.06%), Vitamin B6: 0.21mg (10.73%), Vitamin E: 1.46mg (9.76%), Phosphorus: 81.57mg (8.16%), Vitamin B2: 0.14mg (8.08%), Magnesium: 30.35mg (7.59%), Calcium: 72.85mg (7.29%), Vitamin B3: 1.39mg (6.94%), Vitamin B5: 0.55mg (5.48%), Vitamin B1: 0.08mg (5.13%), Iron: 0.82mg (4.56%), Zinc: 0.63mg (4.18%), Selenium: 1.83µg (2.61%), Vitamin B12: 0.12µg (2.08%)