



Mango, Carrot, and Arugula Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 ounce baby arugula
- 3 large carrots shredded
- 1 tablespoon cilantro leaves chopped
- 1 tablespoon dry-roasted unsalted chopped
- 1 teaspoon ginger fresh grated
- 1 green onion thinly sliced
- 6 servings salt and ground pepper black to taste
- 1 dash juice of lime

- 1 teaspoon lime zest
- 5 mangoes diced peeled seeded
- 1 packet granular no-calorie sucralose sweetener splenda® (such as)
- 1.5 tablespoons raisins
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon sesame seed

Equipment

- bowl
- whisk

Directions

- Mix mangoes, carrots, arugula, green onion, raisins, peanuts, ginger, lime zest, and sesame seeds in a large bowl.
- Whisk sesame oil, rice vinegar, sucralose sweetener, lime juice, salt, and black pepper together in small bowl; drizzle over salad. Toss to coat.
- Sprinkle cilantro over salad.

Nutrition Facts



Properties

Glycemic Index:77.9, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:17.755651961202%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin:

0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.44mg, Kaempferol: 8.44mg, Kaempferol: 8.44mg, Kaempferol: 8.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 174.69kcal (8.73%), Fat: 4.65g (7.16%), Saturated Fat: 0.74g (4.66%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 29.48g (10.72%), Sugar: 26.15g (29.05%), Cholesterol: 0mg (0%), Sodium: 34.66mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin A: 8466.61IU (169.33%), Vitamin C: 69.29mg (83.99%), Vitamin K: 42.58µg (40.55%), Folate: 108.2µg (27.05%), Fiber: 4.74g (18.98%), Manganese: 0.32mg (16.21%), Potassium: 549.76mg (15.71%), Vitamin B6: 0.3mg (14.79%), Vitamin E: 2.06mg (13.75%), Copper: 0.27mg (13.27%), Magnesium: 40.17mg (10.04%), Vitamin B3: 2.01mg (10.04%), Calcium: 76.69mg (7.67%), Vitamin B2: 0.12mg (7.14%), Phosphorus: 64.16mg (6.42%), Vitamin B1: 0.09mg (6.31%), Vitamin B5: 0.58mg (5.83%), Iron: 0.96mg (5.33%), Zinc: 0.47mg (3.1%), Selenium: 1.54µg (2.2%)