



Mango Habanero Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



4

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh to taste
- 1 clove garlic
- 1 pinch ground cumin to taste
- 4 servings ground pepper black to taste
- 1 habanero pepper
- 1 tablespoon juice of lime
- 0.5 mangos cubed peeled seeded
- 1 teaspoon salt

- 0.3 large onion sweet cut into 1/2-inch slices
- 1 tablespoon vegetable oil as needed

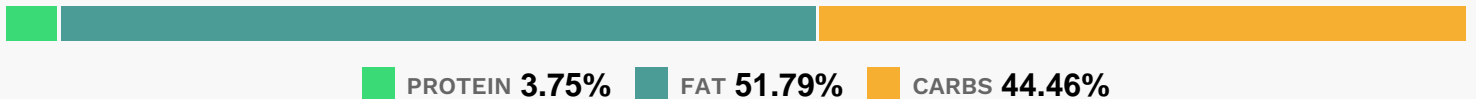
Equipment

- food processor
- baking sheet
- oven
- blender
- baking pan
- broiler

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place habanero pepper, mango, and onion on a baking sheet.
- Drizzle with olive oil; toss to coat evenly.
- Roast on the middle rack of the preheated oven for 10 minutes. Turn on the oven's broiler and roast for 5 more minutes. Move baking pan to the oven's top shelf; broil until onion and mango begin to brown and habanero pepper blisters, about 3 more minutes.
- Remove and slightly cool.
- Wearing gloves, remove stem from habanero pepper and place pepper in a small food processor or blender; add mango, onion, garlic, cilantro, lime juice, and salt. Season with black pepper and cumin. Pulse until salsa is combined and slightly chunky. Refrigerate for 2 hours before serving for flavors to blend.

Nutrition Facts



Properties

Glycemic Index:48.94, Glycemic Load:1.96, Inflammation Score:-4, Nutrition Score:3.2521739291108%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 58.04kcal (2.9%), Fat: 3.55g (5.46%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.07g (2.21%), Sugar: 5.14g (5.71%), Cholesterol: 0mg (0%), Sodium: 584.78mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin C: 15.97mg (19.35%), Vitamin K: 11.07µg (10.55%), Vitamin A: 374.33IU (7.49%), Folate: 19.08µg (4.77%), Vitamin B6: 0.09mg (4.6%), Vitamin E: 0.57mg (3.8%), Manganese: 0.07mg (3.73%), Fiber: 0.79g (3.15%), Potassium: 98.85mg (2.82%), Copper: 0.05mg (2.74%), Magnesium: 6.67mg (1.67%), Vitamin B1: 0.02mg (1.58%), Phosphorus: 14.58mg (1.46%), Vitamin B3: 0.26mg (1.32%), Calcium: 12.3mg (1.23%), Vitamin B2: 0.02mg (1.22%), Iron: 0.2mg (1.14%)