



Mango-Habanero Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 cups mangos cubed peeled
- ☐ 0.8 cup onion chopped
- ☐ 0.5 to 3 habanero peppers seeded
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water
- ☐ 0.3 cup vinegar white

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1.5 pounds tomatoes yellow chopped

Equipment

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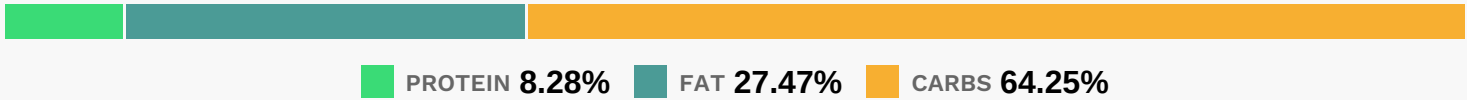
food processor

Directions

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Place all ingredients in a food processor; process until almost smooth. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:1.6, Inflammation Score:-3, Nutrition Score:3.0639130343562%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg 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: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 31.67kcal (1.58%), Fat: 1.06g (1.62%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.72g (1.72%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 47.07mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin C: 16.01mg (19.41%), Folate: 23.8µg (5.95%), Vitamin A: 238.96IU (4.78%), Potassium: 166.33mg (4.75%), Manganese: 0.08mg (4.06%), Copper: 0.07mg (3.66%), Vitamin B3: 0.67mg (3.36%), Vitamin B6: 0.07mg (3.36%), Fiber: 0.83g (3.33%), Vitamin K: 2.76µg (2.63%), Phosphorus: 21.8mg (2.18%), Magnesium: 8.67mg (2.17%), Vitamin B1: 0.03mg (1.98%), Vitamin E: 0.28mg (1.86%), Vitamin B2: 0.03mg (1.85%), Iron: 0.27mg (1.53%), Zinc: 0.16mg (1.06%), Vitamin B5: 0.1mg (1.05%)