



Mango-Lime Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 green onion thinly sliced
- ☐ 1 jalapeno minced seeded
- ☐ 2 limes
- ☐ 2 large mangoes diced peeled
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.3 teaspoon salt

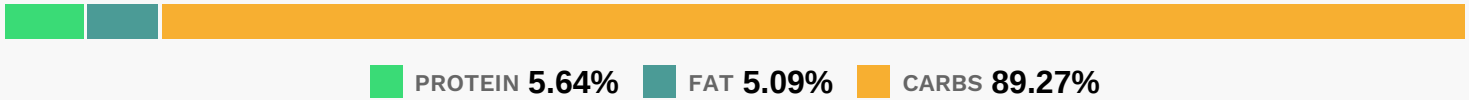
Equipment

bowl

Directions

Zest limes to get 1/2 teaspoon zest; place zest in a bowl. Peel and section limes; coarsely chop segments, and add to zest. Stir in mango and remaining ingredients; set aside until ready to serve.

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:8.21, Inflammation Score:-8, Nutrition Score:9.1130434533824%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 76.59kcal (3.83%), Fat: 0.51g (0.78%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 17.09g (6.21%), Sugar: 15.35g (17.06%), Cholesterol: 0mg (0%), Sodium: 148.1mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin C: 64.11mg (77.71%), Vitamin A: 1509.33IU (30.19%), Folate: 54.46µg (13.61%), Vitamin K: 12.48µg (11.89%), Fiber: 2.97g (11.88%), Vitamin B6: 0.18mg (9.07%), Vitamin E: 1.3mg (8.66%), Copper: 0.14mg (7.15%), Potassium: 245.73mg (7.02%), Vitamin B3: 0.91mg (4.57%), Manganese: 0.09mg (4.39%), Magnesium: 14.66mg (3.66%), Vitamin B2: 0.06mg (3.48%), Vitamin B5: 0.32mg (3.21%), Vitamin B1: 0.05mg (3.15%), Calcium: 25.9mg (2.59%), Iron: 0.46mg (2.58%), Phosphorus: 25.06mg (2.51%), Zinc: 0.17mg (1.14%), Selenium: 0.8µg (1.14%)