



Mango Madness Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup blackberries



0.3 cup cilantro leaves chopped



0.5 juice of lime juiced



5 mangos diced peeled



6 strawberries fresh sliced

Equipment

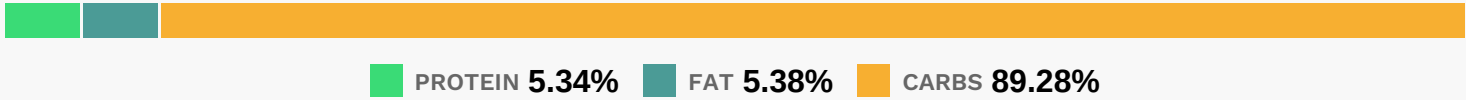


bowl

Directions

- Combine mangos, strawberries, and blackberries in a bowl. Toss with cilantro and lime.
Refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:12.37, Inflammation Score:-9, Nutrition Score:11.4547824134%

Flavonoids

Cyanidin: 12.37mg, Cyanidin: 12.37mg, Cyanidin: 12.37mg, Cyanidin: 12.37mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 3.07mg, Pelargonidin: 3.07mg, Pelargonidin: 3.07mg, Pelargonidin: 3.07mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 7.79mg, Catechin: 7.79mg, Catechin: 7.79mg, Catechin: 7.79mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 113.28kcal (5.66%), Fat: 0.76g (1.16%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 24.52g (8.92%), Sugar: 24.85g (27.61%), Cholesterol: 0mg (0%), Sodium: 2.32mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Vitamin C: 73.3mg (88.84%), Vitamin A: 1939.81IU (38.8%), Folate: 80.72µg (20.18%), Fiber: 3.66g (14.66%), Manganese: 0.24mg (11.79%), Vitamin E: 1.75mg (11.67%), Vitamin K: 11.97µg (11.4%), Copper: 0.22mg (10.96%), Vitamin B6: 0.22mg (10.82%), Potassium: 334mg (9.54%), Vitamin B3: 1.29mg (6.44%), Magnesium: 21.58mg (5.4%), Vitamin B2: 0.07mg (4.28%), Vitamin B5: 0.39mg (3.95%), Vitamin B1: 0.05mg (3.64%), Phosphorus: 30.34mg (3.03%), Calcium: 25.17mg (2.52%), Iron: 0.41mg (2.3%), Selenium: 1.14µg (1.63%), Zinc: 0.24mg (1.61%)