

Mango Mania Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 0.5 head garlic pressed
- ☐ 12 mangos diced peeled seeded
- ☐ 3 habanero peppers minced seeded
- ☐ 1 onion red peeled halved
- ☐ 6 servings salt to taste

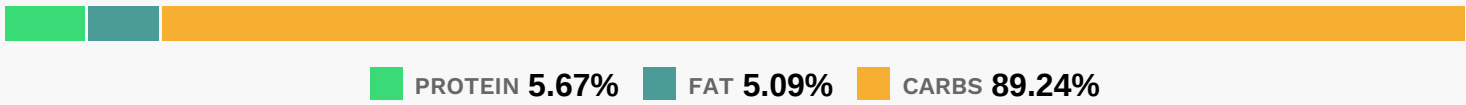
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for high heat. Lightly oil grill grate, and place onion on grill. Cook until slightly blackened.
- ☐ Dice onion, and combine with mango, garlic, habanero, cilantro, and apple cider in a mixing bowl. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:31.79, Glycemic Load:29.5, Inflammation Score:-10, Nutrition Score:22.490434843561%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.89mg, Luteolin: 2.89mg, Luteolin: 2.89mg, Luteolin: 2.89mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 272.47kcal (13.62%), Fat: 1.71g (2.63%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 59.41g (21.6%), Sugar: 58.98g (65.53%), Cholesterol: 0mg (0%), Sodium: 201.71mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Vitamin C: 200.98mg (243.61%), Vitamin A: 4790.18IU (95.8%), Folate: 188.35µg (47.09%), Vitamin B6: 0.68mg (33.94%), Fiber: 8.03g (32.13%), Vitamin E: 3.98mg (26.57%), Copper: 0.52mg (25.82%), Vitamin K: 26.04µg (24.8%), Potassium: 846.41mg (24.18%), Manganese: 0.41mg (20.74%), Vitamin B3: 3.11mg (15.54%), Magnesium: 50.37mg (12.59%), Vitamin B1: 0.16mg (10.92%), Vitamin B2: 0.18mg (10.8%), Vitamin B5: 0.92mg (9.19%), Phosphorus: 79.79mg (7.98%), Calcium: 61.29mg (6.13%), Iron: 0.98mg (5.43%), Selenium: 2.92µg (4.18%), Zinc: 0.52mg (3.45%)