



HEALTH SCORE

46%

Mango Papaya Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 clove garlic minced
- 1 jalapeno fresh diced seeded
- 1 juice of lime juiced
- 0.5 small mangos ripe cubed peeled
- 0.5 small onion diced
- 0.3 and orange peppers diced
- 0.5 small papaya cubed peeled seeded
- 0.3 bell pepper diced red

1 serving pepper black freshly ground to taste

Equipment

bowl

plastic wrap

Directions

Stir the mango, papaya, onion, garlic, jalapeno pepper, red bell pepper, orange bell pepper, lime juice, salt, and pepper together in a bowl. Enjoy immediately or cover bowl with plastic wrap and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:295.5, Glycemic Load:13.17, Inflammation Score:-10, Nutrition Score:16.731304210165%

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 Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 140.53kcal (7.03%), Fat: 0.9g (1.38%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 29.69g (10.8%), Sugar: 25.22g (28.02%), Cholesterol: 0mg (0%), Sodium: 12.44mg (0.54%), Alcohol: 0g (100%), Protein: 2.63g (5.27%), Vitamin C: 189.25mg (229.39%), Vitamin A: 3872.25IU (77.45%), Folate: 113.53µg (28.38%), Vitamin B6: 0.47mg (23.74%), Fiber: 5.39g (21.57%), Vitamin E: 2.68mg (17.85%), Potassium: 572.02mg (16.34%), Manganese: 0.29mg (14.46%), Vitamin K: 12.36µg (11.77%), Magnesium: 42.37mg (10.59%), Copper: 0.2mg (9.88%), Vitamin B3: 1.83mg (9.15%), Vitamin B2: 0.14mg (8.1%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.68mg

(6.81%), Phosphorus: 60.3mg (6.03%), Calcium: 50.55mg (5.06%), Iron: 0.81mg (4.49%), Zinc: 0.44mg (2.95%), Selenium: 1.83µg (2.61%)