



Mango-Papaya Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 teaspoons lime rind grated
- ☐ 0.8 cup mangos diced peeled
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup papaya diced peeled
- ☐ 0.5 cup plum tomatoes diced

- ☐ 0.5 cup onion diced red
- ☐ 0.1 teaspoon salt

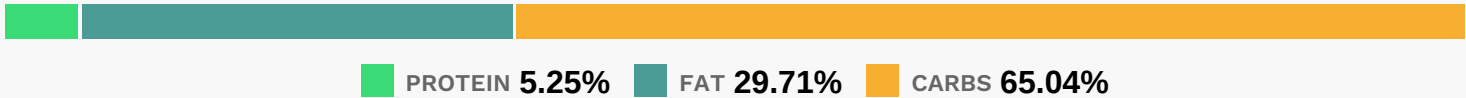
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; toss gently. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:2.86, Inflammation Score:-5, Nutrition Score:3.6617391394532%

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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 42.15kcal (2.11%), Fat: 1.52g (2.34%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.38g (5.97%), Cholesterol: 0mg (0%), Sodium: 51.81mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 23.58mg (28.59%), Vitamin A: 587.49IU (11.75%), Folate: 21.54µg (5.39%), Fiber: 1.14g (4.57%), Vitamin K: 4.42µg (4.21%), Potassium: 140.96mg (4.03%), Vitamin E: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.32%), Manganese: 0.06mg (3.12%), Copper: 0.05mg (2.5%), Magnesium: 9.79mg (2.45%), Vitamin B3: 0.35mg (1.73%), Vitamin B1: 0.02mg (1.66%), Phosphorus: 14.24mg (1.42%), Vitamin B2: 0.02mg (1.26%), Calcium: 11.91mg (1.19%), Vitamin B5: 0.12mg (1.16%)