



## Mango, Peach and Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 2 tablespoons juice of lime
- 2 mangos peeled seeded chopped
- 2 small peaches pitted halved cut into 1/2-inch dice
- 1 cup pineapple fresh diced
- 1 bell pepper diced red
- 1 teaspoon salt

- 4 tomatoes chopped
- 0.8 cup water
- 1 onion diced white
- 2 tablespoons sugar white to taste
- 1 bell pepper diced yellow

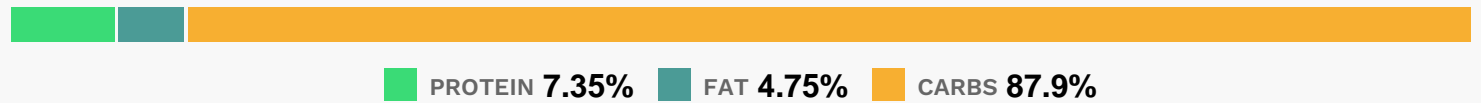
## Equipment

- mixing bowl

## Directions

- Place the mango, peach, tomato, onion, red pepper, yellow pepper, pineapple, and cilantro in a mixing bowl. Stir in the garlic, lime juice, salt, sugar, and water. Cover and refrigerate at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:47.47, Glycemic Load:9.36, Inflammation Score:-9, Nutrition Score:12.040869536607%

## Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

## Nutrients (% of daily need)

Calories: 92.97kcal (4.65%), Fat: 0.55g (0.84%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 19.66g (7.15%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 302.35mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin C: 87.59mg (106.17%), Vitamin A: 1822.77IU (36.46%), Manganese: 0.38mg (19.09%), Vitamin K: 15.16µg (14.44%), Folate: 52.09µg (13.02%), Fiber: 3.1g (12.4%), Vitamin B6: 0.24mg (11.79%), Potassium: 394.25mg (11.26%), Vitamin E: 1.34mg (8.9%), Copper: 0.18mg (8.81%), Vitamin B3: 1.4mg (7%), Magnesium: 23.1mg (5.78%), Vitamin B1: 0.08mg (5.53%), Phosphorus: 44.29mg (4.43%), Vitamin B2: 0.07mg (4.29%), Vitamin B5: 0.36mg (3.58%), Iron: 0.63mg (3.5%), Calcium: 25.08mg (2.51%), Zinc: 0.36mg (2.38%), Selenium: 1.24µg (1.77%)