



Mango Pineapple Salad with Mint

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup coconut or flaked
- 0.3 cup cranberries dried
- 0.3 sprig mint leaves fresh chopped
- 2 cups mangos diced ripe peeled
- 1 cup pineapple fresh chopped

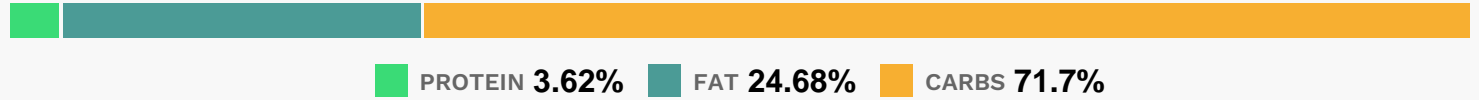
Equipment

- bowl

Directions

- In a medium bowl, toss together mango, pineapple, cranberries, and coconut.
- Garnish with mint. Cover, and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:5.7, Inflammation Score:-5, Nutrition Score:5.6791304868201%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 85.71kcal (4.29%), Fat: 2.58g (3.97%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 14.76g (5.37%), Sugar: 14.17g (15.75%), Cholesterol: 0mg (0%), Sodium: 2.4mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin C: 33.24mg (40.29%), Manganese: 0.4mg (20.03%), Vitamin A: 612.82IU (12.26%), Fiber: 2.11g (8.45%), Folate: 28.97µg (7.24%), Copper: 0.12mg (6.14%), Vitamin B6: 0.11mg (5.44%), Vitamin E: 0.62mg (4.15%), Potassium: 144.32mg (4.12%), Magnesium: 12.22mg (3.06%), Vitamin B3: 0.56mg (2.78%), Vitamin K: 2.9µg (2.76%), Vitamin B1: 0.04mg (2.66%), Vitamin B5: 0.21mg (2.06%), Vitamin B2: 0.03mg (2.05%), Phosphorus: 17.63mg (1.76%), Iron: 0.31mg (1.71%), Selenium: 1.04µg (1.49%), Calcium: 11.1mg (1.11%), Zinc: 0.16mg (1.06%)