



Mango-Pineapple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh loosely packed chopped
- 1 garlic clove minced
- 0.5 jalapeno minced seeded
- 1 tablespoon juice of lime fresh
- 0.5 teaspoon lime zest
- 1 cup mangos chopped
- 1 cup pineapple chopped
- 0.3 onion red finely chopped

1 roasted peppers red chopped

0.5 teaspoon salt

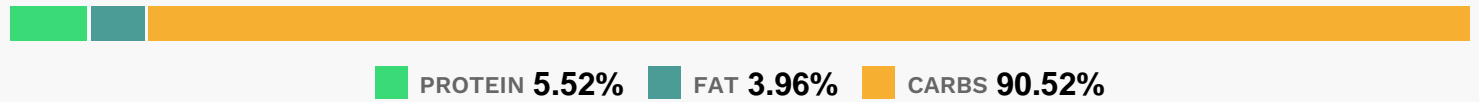
Equipment

bowl

Directions

Combine all ingredients in a bowl; cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:87.81, Glycemic Load:7.91, Inflammation Score:-7, Nutrition Score:8.5113044484802%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 70.21kcal (3.51%), Fat: 0.35g (0.53%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 15.67g (5.7%), Sugar: 13.55g (15.05%), Cholesterol: 0mg (0%), Sodium: 558.85mg (24.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin C: 57.76mg (70.01%), Manganese: 0.6mg (30.13%), Vitamin A: 809.2IU (16.18%), Folate: 39.28µg (9.82%), Vitamin B6: 0.19mg (9.31%), Fiber: 2.1g (8.43%), Copper: 0.15mg (7.5%), Vitamin K: 7.35µg (7%), Potassium: 206.75mg (5.91%), Vitamin B1: 0.07mg (4.76%), Vitamin E: 0.64mg (4.25%), Magnesium: 15.75mg (3.94%), Vitamin B3: 0.78mg (3.9%), Vitamin B2: 0.05mg (2.96%), Vitamin B5: 0.27mg (2.69%), Calcium: 24.4mg (2.44%), Iron: 0.42mg (2.34%), Phosphorus: 20.76mg (2.08%), Zinc: 0.18mg (1.2%)