



Mango-Red Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cherry tomatoes halved
- 0.5 teaspoon ground cumin
- 2 tablespoon juice of lime fresh
- 2 cups mangos fresh cubed
- 2 tablespoons onion red minced
- 4 servings salt and pepper

Equipment

- bowl

Directions

In a medium bowl, combine mango, tomatoes, onion, lime juice, and cumin. Toss to combine. Season, to taste, with salt and black pepper.

Nutrition Facts



PROTEIN 6.07% **FAT 5.55%** **CARBS 88.38%**

Properties

Glycemic Index:20.94, Glycemic Load:5.83, Inflammation Score:-7, Nutrition Score:5.7952173663222%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 57.67kcal (2.88%), Fat: 0.4g (0.62%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.74g (4.63%), Sugar: 12.11g (13.46%), Cholesterol: 0mg (0%), Sodium: 197.43mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin C: 36.92mg (44.75%), Vitamin A: 990.75IU (19.82%), Folate: 39.62µg (9.91%), Fiber: 1.59g (6.37%), Vitamin B6: 0.12mg (6.14%), Vitamin E: 0.87mg (5.82%), Potassium: 199.79mg (5.71%), Copper: 0.11mg (5.59%), Manganese: 0.09mg (4.41%), Vitamin K: 4.07µg (3.87%), Vitamin B3: 0.68mg (3.39%), Magnesium: 11.95mg (2.99%), Iron: 0.44mg (2.46%), Vitamin B1: 0.04mg (2.37%), Vitamin B2: 0.04mg (2.28%), Phosphorus: 20.51mg (2.05%), Vitamin B5: 0.2mg (2.02%), Calcium: 15.77mg (1.58%)