



Mango Relish

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



25 kcal

SIDE DISH

Ingredients

- 0.3 cup basil fresh chopped
- 1 tablespoon honey
- 1 tablespoon juice of lime fresh
- 1.5 cups mangos fresh diced
- 0.5 cup bell pepper diced red
- 0.3 cup onion diced red
- 0.3 teaspoon salt

Equipment

Directions

Stir together mango, bell pepper, onion, basil, honey, lime juice, and salt.

Nutrition Facts

 PROTEIN 5%  FAT 4%  CARBS 91%

Properties

Glycemic Index:23.3, Glycemic Load:2.8, Inflammation Score:-4, Nutrition Score:2.7308696003064%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 25.28kcal (1.26%), Fat: 0.13g (0.19%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.77g (2.1%), Sugar: 5.62g (6.25%), Cholesterol: 0mg (0%), Sodium: 58.98mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 19.41mg (23.53%), Vitamin A: 533.53IU (10.67%), Folate: 15.43µg (3.86%), Vitamin K: 3.92µg (3.73%), Vitamin B6: 0.06mg (2.9%), Fiber: 0.64g (2.56%), Vitamin E: 0.35mg (2.33%), Potassium: 67.77mg (1.94%), Manganese: 0.04mg (1.9%), Copper: 0.03mg (1.69%), Vitamin B3: 0.25mg (1.27%), Vitamin B2: 0.02mg (1.08%), Magnesium: 4.32mg (1.08%)