



Mango Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups arugula fresh
- ☐ 1.5 cups cucumber english halved seeded sliced
- ☐ 0.5 cup basil fresh chopped
- ☐ 1.5 cups corn kernels fresh
- ☐ 1.5 cups baby heirloom tomatoes halved
- ☐ 8 servings lime vinaigrette fresh
- ☐ 2 mangoes peeled cut into thin slices
- ☐ 0.5 cup onion diced red

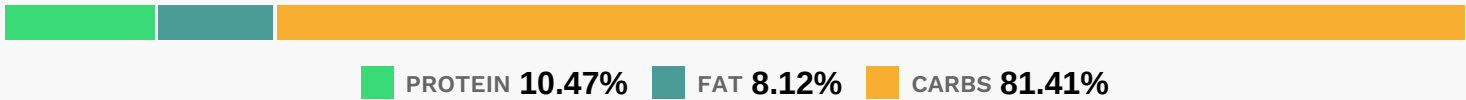
Equipment

☐ bowl

Directions

☐ Toss together first 7 ingredients in a large bowl; cover and chill 2 hours. Toss with arugula just before serving.

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:4.33, Inflammation Score:-8, Nutrition Score:7.9734783146692%

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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 71.33kcal (3.57%), Fat: 0.74g (1.14%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 14.36g (5.22%), Sugar: 10.6g (11.78%), Cholesterol: 0mg (0%), Sodium: 9.68mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 29.61mg (35.89%), Vitamin A: 1184.09IU (23.68%), Vitamin K: 24.87µg (23.68%), Folate: 52.41µg (13.1%), Fiber: 2.35g (9.42%), Manganese: 0.19mg (9.35%), Potassium: 318.29mg (9.09%), Vitamin B6: 0.14mg (7.08%), Magnesium: 27.92mg (6.98%), Copper: 0.12mg (5.92%), Vitamin B1: 0.08mg (5.59%), Vitamin B3: 1.08mg (5.41%), Phosphorus: 53.03mg (5.3%), Vitamin E: 0.71mg (4.76%), Vitamin B5: 0.45mg (4.47%), Calcium: 35.42mg (3.54%), Vitamin B2: 0.06mg (3.54%), Iron: 0.61mg (3.39%), Zinc: 0.34mg (2.28%)