



Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 1 cup green onions chopped
- 3 tablespoons jalapeno seeded finely chopped (2 peppers)
- 0.3 cup juice of lime fresh
- 3 cups mangos ripe cubed peeled
- 0.5 teaspoon salt
- 1 teaspoon sugar

Equipment

bowl

Directions

Combine all ingredients in a bowl; toss well. Cover and chill.

Nutrition Facts

 **PROTEIN 6.32%**  **FAT 4.91%**  **CARBS 88.77%**

Properties

Glycemic Index:36.31, Glycemic Load:6.53, Inflammation Score:-8, Nutrition Score:8.6969566682111%

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: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 63.24kcal (3.16%), Fat: 0.39g (0.6%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 13.88g (5.05%), Sugar: 12.9g (14.34%), Cholesterol: 0mg (0%), Sodium: 198.4mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin C: 46.45mg (56.31%), Vitamin K: 43.57µg (41.49%), Vitamin A: 1236.36IU (24.73%), Folate: 50.34µg (12.58%), Fiber: 2.05g (8.22%), Vitamin E: 1.17mg (7.77%), Vitamin B6: 0.15mg (7.34%), Potassium: 225.93mg (6.46%), Copper: 0.12mg (5.78%), Manganese: 0.09mg (4.73%), Vitamin B3: 0.77mg (3.85%), Magnesium: 14.14mg (3.53%), Vitamin B2: 0.05mg (3.19%), Vitamin B1: 0.04mg (2.63%), Calcium: 24.88mg (2.49%), Iron: 0.44mg (2.42%), Vitamin B5: 0.22mg (2.23%), Phosphorus: 22.19mg (2.22%), Zinc: 0.17mg (1.12%)