



Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 jalapeño chile pepper fresh finely chopped



2 tablespoons cilantro leaves chopped



1 green onion chopped



1 tablespoon juice of lemon



2 tablespoons juice of lime



1 mangos peeled seeded chopped



0.3 cup bell pepper red finely chopped

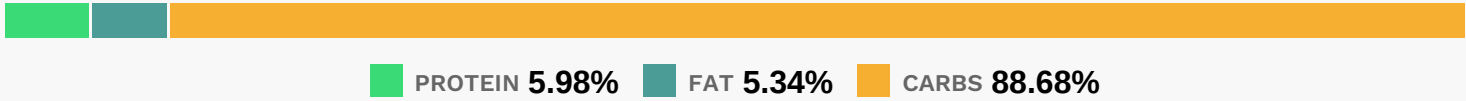
Equipment

bowl

Directions

In a medium bowl, mix mango, red bell pepper, green onion, cilantro, jalapeno, lime juice, and lemon juice. Cover, and allow to sit at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:2.6934782707173%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 19.1kcal (0.95%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 0.88mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin C: 19.61mg (23.77%), Vitamin A: 468.31IU (9.37%), Vitamin K: 5.08µg (4.83%), Folate: 15.51µg (3.88%), Vitamin B6: 0.05mg (2.75%), Vitamin E: 0.39mg (2.61%), Fiber: 0.62g (2.49%), Potassium: 68.61mg (1.96%), Copper: 0.03mg (1.66%), Manganese: 0.03mg (1.35%), Vitamin B3: 0.26mg (1.29%), Magnesium: 4.15mg (1.04%), Vitamin B2: 0.02mg (1.01%)