



Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 juice of lime
- ☐ 0.5 cup mangos diced
- ☐ 2 tablespoons onion minced
- ☐ 2 teaspoons serrano chile minced
- ☐ 0.5 cup tomatoes diced

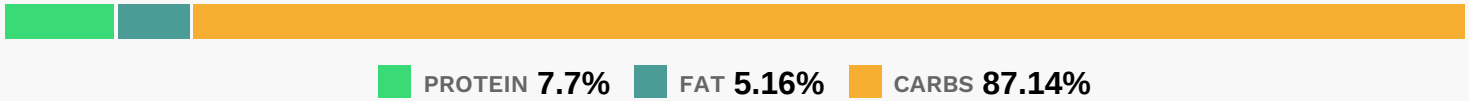
Equipment

- ☐ bowl

Directions

- ☐ Combine the mango, tomatoes, minced onion, cilantro, chile, lime zest, and lime juice in a small bowl. Allow the flavors to macerate.
- ☐ Serve as a garnish for the cumin seared scallop tacos.;

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:1.5578260706819%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 13.31kcal (0.67%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.46g (2.74%), Cholesterol: 0mg (0%), Sodium: 1.12mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin C: 8.79mg (10.65%), Vitamin A: 270.02IU (5.4%), Folate: 9.14µg (2.29%), Vitamin K: 2.09µg (1.99%), Fiber: 0.47g (1.9%), Potassium: 65.97mg (1.88%), Vitamin B6: 0.04mg (1.79%), Manganese: 0.03mg (1.49%), Vitamin E: 0.21mg (1.4%), Copper: 0.03mg (1.32%)