

 **47%**
HEALTH SCORE

Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

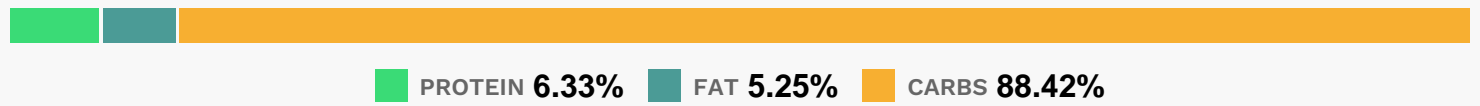
- 1 handful cherry tomatoes
- 0.5 bell pepper green
- 1 tablespoon juice of lime
- 2 mangos
- 3 leaves mint leaves
- 0.5 bell pepper red
- 2 handfuls onion red chopped
- 1 pinch sugar

Equipment

Directions

- Peel and chop your mango into small cubes
- Cube your bell peppers and onions as well and mix in with the mangoes.
- Add the cherry tomatoes and mix in. Sprinkle your sugar and lime juice over it. Chop your scent/mint leaves and mix in and refrigerate.
- Serve cool as a side dish or if you want something refreshing on a hot day.

Nutrition Facts



Properties

Glycemic Index:190.84, Glycemic Load:30.37, Inflammation Score:-10, Nutrition Score:25.867391304348%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg, Catechin: 7.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Taste

Sweetness: 100%, Saltiness: 3.82%, Sourness: 52.2%, Bitterness: 32.06%, Savoriness: 2.42%, Fattiness: 34.37%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 297.69kcal (14.88%), Fat: 1.95g (3%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 73.9g (24.63%), Net Carbohydrates: 64.39g (23.42%), Sugar: 63.84g (70.93%), Cholesterol: 0mg (0%), Sodium: 16.94mg (0.74%), Protein: 5.29g (10.59%), Vitamin C: 296.38mg (359.24%), Vitamin A: 6940.79IU (138.82%), Folate: 223.08µg

(55.77%), Vitamin B6: 0.87mg (43.31%), Fiber: 9.51g (38.05%), Vitamin E: 5.34mg (35.58%), Potassium: 1108.94mg (31.68%), Copper: 0.57mg (28.51%), Vitamin K: 26.89µg (25.61%), Manganese: 0.49mg (24.27%), Vitamin B3: 4.06mg (20.3%), Magnesium: 62.72mg (15.68%), Vitamin B2: 0.24mg (14.37%), Vitamin B1: 0.21mg (14.24%), Vitamin B5: 1.18mg (11.81%), Phosphorus: 108.98mg (10.9%), Iron: 1.65mg (9.18%), Calcium: 66.78mg (6.68%), Zinc: 0.72mg (4.8%), Selenium: 2.95µg (4.21%)