



Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh peeled finely chopped
- 2 mangos peeled seeded chopped
- 8 ounce dole pineapple tidbits drained canned
- 0.5 cup onion red chopped
- 1 teaspoon pepper red crushed to taste
- 0.3 cup rice vinegar

Equipment

bowl

Directions

Combine mango, pineapple, cilantro, ginger, red onion, vinegar, and red pepper flakes in a bowl, and stir lightly to mix well.

Nutrition Facts

 **PROTEIN 5.04%**  **FAT 4.35%**  **CARBS 90.61%**

Properties

Glycemic Index:43.94, Glycemic Load:7.68, Inflammation Score:-8, Nutrition Score:8.3865217696065%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 111.43kcal (5.57%), Fat: 0.58g (0.89%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 24.12g (8.77%), Sugar: 23.22g (25.8%), Cholesterol: 0mg (0%), Sodium: 11.84mg (0.51%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin C: 44.93mg (54.46%), Vitamin A: 1364.35IU (27.29%), Folate: 52.28µg (13.07%), Fiber: 3.01g (12.02%), Vitamin B6: 0.21mg (10.36%), Copper: 0.2mg (9.97%), Potassium: 303.19mg (8.66%), Vitamin K: 8.46µg (8.05%), Vitamin E: 1.17mg (7.81%), Vitamin B1: 0.1mg (6.59%), Manganese: 0.12mg (6.03%), Magnesium: 23.52mg (5.88%), Vitamin B3: 0.97mg (4.86%), Vitamin B2: 0.06mg (3.77%), Calcium: 28.89mg (2.89%), Phosphorus: 28.07mg (2.81%), Iron: 0.5mg (2.76%), Vitamin B5: 0.25mg (2.46%), Selenium: 1.16µg (1.66%), Zinc: 0.22mg (1.49%)