



Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup mangos diced



1 cup salsa fresh jarred

Equipment

Directions

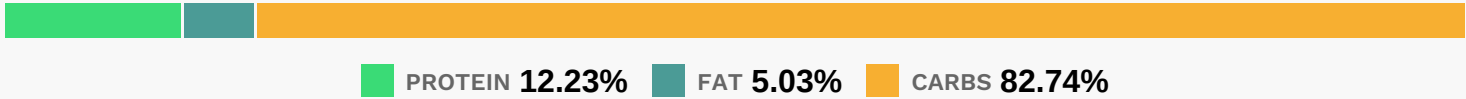


Combine the salsa and mango.



Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.95, Inflammation Score:-3, Nutrition Score:2.351304349692%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 20.82kcal (1.04%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.98g (1.45%), Sugar: 3.53g (3.93%), Cholesterol: 0mg (0%), Sodium: 284.4mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin A: 356.77IU (7.14%), Vitamin C: 5.83mg (7.06%), Vitamin B6: 0.09mg (4.63%), Vitamin E: 0.65mg (4.35%), Fiber: 1g (4%), Potassium: 134.9mg (3.85%), Vitamin B3: 0.58mg (2.89%), Manganese: 0.06mg (2.88%), Vitamin K: 2.4µg (2.28%), Copper: 0.04mg (2.17%), Magnesium: 7.88mg (1.97%), Folate: 7.65µg (1.91%), Phosphorus: 15.79mg (1.58%), Calcium: 13.65mg (1.36%), Vitamin B1: 0.02mg (1.27%), Vitamin B5: 0.11mg (1.15%), Iron: 0.2mg (1.13%), Vitamin B2: 0.02mg (1.12%)