



Mango Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons cilantro leaves fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 0.3 teaspoon ground pepper red
- 2 tablespoons honey
- 1 jalapeno diced seeded
- 1 tablespoon juice of lime fresh
- 2 mangoes diced ripe peeled
- 1 small purple onion chopped

1 medium size bell pepper diced red

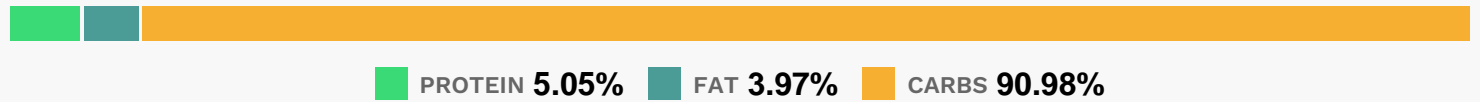
0.3 teaspoon salt

Equipment

Directions

Stir together all ingredients. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:6.34, Inflammation Score:-7, Nutrition Score:5.8573913081833%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 58.46kcal (2.92%), Fat: 0.29g (0.44%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13.21g (4.8%), Sugar: 12.72g (14.13%), Cholesterol: 0mg (0%), Sodium: 75.11mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 42.04mg (50.96%), Vitamin A: 1134.98IU (22.7%), Folate: 34.06µg (8.51%), Vitamin B6: 0.13mg (6.7%), Fiber: 1.56g (6.25%), Vitamin E: 0.79mg (5.28%), Manganese: 0.09mg (4.5%), Potassium: 156.83mg (4.48%), Copper: 0.07mg (3.66%), Vitamin K: 3.81µg (3.63%), Vitamin B3: 0.57mg (2.84%), Vitamin B2: 0.04mg (2.57%), Magnesium: 9.99mg (2.5%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.18mg (1.82%), Phosphorus: 17.2mg (1.72%), Iron: 0.28mg (1.53%), Calcium: 13.96mg (1.4%)