



Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoon basil fresh finely chopped
- ☐ 2 tablespoon juice of lime fresh
- ☐ 2 teaspoon red wine vinegar
- ☐ 0.5 teaspoon sugar

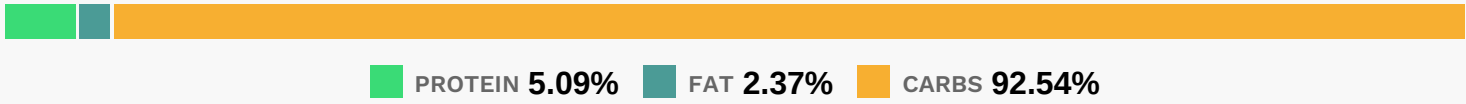
Equipment

- ☐ bowl

Directions

- ☐ Mix all the ingredients in medium sized bowl.
- ☐ Let the mixture stand at room temperature at least ½ hour before serving. Or alternatively, it may be kept in the refrigerator, but no longer than 24 hours – it doesn't keep well.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.20999999822158%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1.8kcal (0.09%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 0.16mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Vitamin K: 1.68µg (1.6%), Vitamin C: 0.98mg (1.18%)