



Mango Tango



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 mangoes peeled sliced
- ☐ 3 large peaches peeled sliced
- ☐ 3 cups plums assorted sliced
- ☐ 3 tablespoons sugar

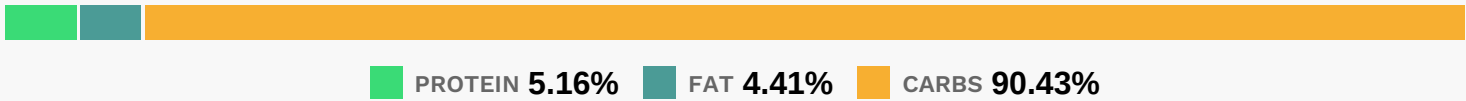
Equipment

☐ bowl

Directions

- ☐ Stir together first 3 ingredients in a large bowl until sugar dissolves.
- ☐ Add mangoes and next 4 ingredients, tossing to coat. Cover and chill 2 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:33.09, Glycemic Load:11.42, Inflammation Score:-7, Nutrition Score:6.6660868758741%

Flavonoids

Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 107.28kcal (5.36%), Fat: 0.58g (0.89%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 23.97g (8.72%), Sugar: 23.43g (26.03%), Cholesterol: 0mg (0%), Sodium: 9.52mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin C: 32.11mg (38.92%), Vitamin A: 1041.26IU (20.83%), Fiber: 2.81g (11.25%), Vitamin K: 8.65µg (8.24%), Potassium: 281.55mg (8.04%), Vitamin E: 1.19mg (7.94%), Folate: 31.29µg (7.82%), Copper: 0.15mg (7.46%), Vitamin B3: 1.18mg (5.9%), Manganese: 0.12mg (5.79%), Vitamin

B6: 0.11mg (5.38%), Magnesium: 16.16mg (4.04%), Vitamin B2: 0.06mg (3.6%), Vitamin B1: 0.05mg (3.38%),
Phosphorus: 33.61mg (3.36%), Vitamin B5: 0.3mg (3.03%), Iron: 0.46mg (2.54%), Selenium: 1.73µg (2.47%), Zinc:
0.28mg (1.84%), Calcium: 14.91mg (1.49%)