



## Mango-Tequila Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 2 cups mangos diced peeled
- ☐ 2 tablespoons orange juice
- ☐ 0.7 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons tequila

## Equipment

bowl

# Directions

Combine all ingredients in a small bowl; stir well. Cover and chill.

# Nutrition Facts



# Properties

Glycemic Index:45.69, Glycemic Load:6.53, Inflammation Score:-8, Nutrition Score:8.8221737923829%

# Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

# Nutrients (% of daily need)

Calories: 86.89kcal (4.34%), Fat: 0.42g (0.65%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.04g (4.74%), Sugar: 13.21g (14.68%), Cholesterol: 0mg (0%), Sodium: 147.49mg (6.41%), Alcohol: 3.76g (100%), Alcohol %: 3.63% (100%), Protein: 1.02g (2.04%), Vitamin C: 70.53mg (85.49%), Vitamin A: 1729.73IU (34.59%), Folate: 50.52µg (12.63%), Vitamin B6: 0.19mg (9.49%), Vitamin E: 1.27mg (8.48%), Fiber: 1.97g (7.87%), Potassium: 217.84mg (6.22%), Copper: 0.1mg (5.2%), Vitamin K: 5.38µg (5.13%), Vitamin B3: 0.88mg (4.4%), Manganese: 0.09mg (4.38%), Vitamin B2: 0.06mg (3.42%), Magnesium: 12.77mg (3.19%), Vitamin B1: 0.05mg (3.09%), Vitamin B5: 0.27mg (2.69%), Phosphorus: 20.91mg (2.09%), Iron: 0.27mg (1.52%), Calcium: 12.41mg (1.24%), Zinc: 0.15mg (1.01%)