



Mango Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



32 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 1 tablespoon brown sugar light
- 2 tablespoons juice of lime fresh
- 1 cup mangos diced
- 0.3 cup orange juice fresh
- 0.3 cup rice vinegar
- 6 servings salt

Equipment

food processor

blender

Directions

Process first 5 ingredients in a blender or food processor until smooth. Stir in salt and pepper to taste.

Nutrition Facts



PROTEIN 4.01% **FAT 3.59%** **CARBS 92.4%**

Properties

Glycemic Index:30.96, Glycemic Load:2.47, Inflammation Score:-3, Nutrition Score:2.2460869058319%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 32.16kcal (1.61%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 7.14g (2.6%), Sugar: 6.66g (7.41%), Cholesterol: 0mg (0%), Sodium: 195.06mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 16.68mg (20.21%), Vitamin A: 321.26IU (6.43%), Folate: 15.46µg (3.87%), Potassium: 76.96mg (2.2%), Fiber: 0.51g (2.02%), Manganese: 0.04mg (2%), Vitamin B6: 0.04mg (1.99%), Copper: 0.04mg (1.97%), Vitamin E: 0.26mg (1.76%), Vitamin K: 1.36µg (1.29%), Vitamin B1: 0.02mg (1.22%), Magnesium: 4.75mg (1.19%), Vitamin B3: 0.24mg (1.18%)