



Mango Walnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots peeled sliced
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 bell pepper green seeded thinly sliced
- ☐ 6 lettuce leaves dried red rinsed
- ☐ 3 small mangoes cubed peeled
- ☐ 0.5 bell pepper red seeded thinly sliced
- ☐ 0.5 cup walnut pieces

Equipment

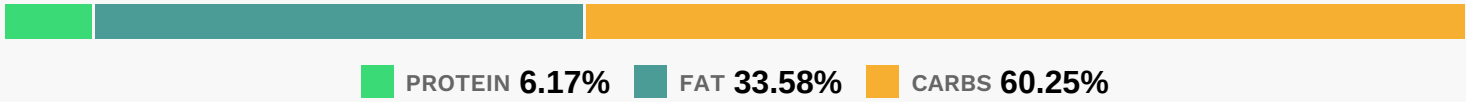
☐

bowl

Directions

- ☐ In a large bowl, gently toss together the mangoes, lettuce, walnuts, cranberries, red and green peppers, and carrot.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.15, Glycemic Load:11.69, Inflammation Score:-10, Nutrition Score:19.459565173025%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 253.96kcal (12.7%), Fat: 10.4g (16%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 36.35g (13.22%), Sugar: 34.72g (38.57%), Cholesterol: 0mg (0%), Sodium: 24.25mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin A: 7416.61IU (148.33%), Vitamin C: 95.11mg (115.29%), Manganese: 0.8mg (40.09%), Folate: 106µg (26.5%), Fiber: 5.62g (22.48%), Copper: 0.43mg (21.68%), Vitamin B6: 0.4mg (20.13%), Vitamin E: 2.32mg (15.44%), Potassium: 508.8mg (14.54%), Magnesium: 49.02mg (12.26%), Vitamin K: 11.91µg (11.34%), Vitamin B1: 0.16mg (10.53%), Phosphorus: 96.17mg (9.62%), Vitamin B3: 1.8mg (8.98%), Vitamin B2: 0.15mg (8.64%), Iron: 1.22mg (6.76%), Calcium: 53.29mg (5.33%), Vitamin B5: 0.53mg (5.26%), Zinc: 0.77mg (5.15%), Selenium: 1.99µg (2.84%)