



## Max Holtzman's Grilled Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 bunch chives finely chopped
- 1 small bunch cilantro leaves finely chopped
- 1 juice of lime juiced
- 0.5 juice of orange juiced
- 2 large florida mangoes firm
- 2 tablespoons olive oil
- 4 servings pepper freshly ground
- 5 plum tomatoes seeded chopped

- 0.5 bell pepper red seeded finely chopped
- 1 bell pepper red
- 1 large onion red firm sliced into 1/4- to 1/2-inch-thick slices
- 0.3 cup rice wine vinegar
- 4 servings sea salt

## Equipment

- bowl
- mixing bowl
- grill

## Directions

- Preheat a grill to medium-high.
- Lightly coat the mango slices and onion discs in olive oil and sprinkle with salt and pepper.
- Place mango slices on a medium high grill approximately 2 minutes on each side. Grill onions approximately 2 to 4 minutes on each side, being careful to turn only once (this will help keep them together and avoid pieces falling through the grill). When mangos have nice grill marks after a couple minutes on each side, remove from grill. Once onions have slightly charred, but still retain moderate firmness, remove from grill.
- Chop the mango and onion and place in large mixing bowl.
- Combine all of the above ingredients including juice of lime and orange and add salt and pepper to taste. In the mixing process a large amount of juice will gather at the bottom of the bowl. I recommend draining the juice, and placing the salsa in a refrigerator, covered for approximately 20 minutes. Then, use the salsa on top of grilled fish or serve as a side dish.

## Nutrition Facts



## Properties

Glycemic Index:97.94, Glycemic Load:9.53, Inflammation Score:-10, Nutrition Score:15.603478302126%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 169.66kcal (8.48%), Fat: 7.75g (11.92%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 21.26g (7.73%), Sugar: 20.06g (22.29%), Cholesterol: 0mg (0%), Sodium: 203.24mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin C: 114.57mg (138.87%), Vitamin A: 3360.99IU (67.22%), Vitamin K: 25.53µg (24.31%), Folate: 87.19µg (21.8%), Vitamin E: 3.14mg (20.94%), Vitamin B6: 0.36mg (17.93%), Fiber: 4.14g (16.57%), Potassium: 530.78mg (15.17%), Manganese: 0.28mg (13.78%), Copper: 0.19mg (9.64%), Vitamin B3: 1.69mg (8.46%), Magnesium: 29.68mg (7.42%), Vitamin B1: 0.11mg (7.02%), Vitamin B2: 0.11mg (6.32%), Phosphorus: 57.33mg (5.73%), Vitamin B5: 0.49mg (4.88%), Iron: 0.75mg (4.18%), Calcium: 34.31mg (3.43%), Zinc: 0.41mg (2.75%), Selenium: 0.93µg (1.33%)