



Mmmm Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large cloves garlic minced
- 1 to 2 chilies slit diced green seeded
- 1 juice of lime juiced
- 2 mangos diced peeled seeded (preferably honey mangos)
- 2 tablespoons olive oil
- 3 tablespoons pineapple juice
- 2 large roma tomatoes diced seeded (plum)
- 1 teaspoon salt

1 shallots minced

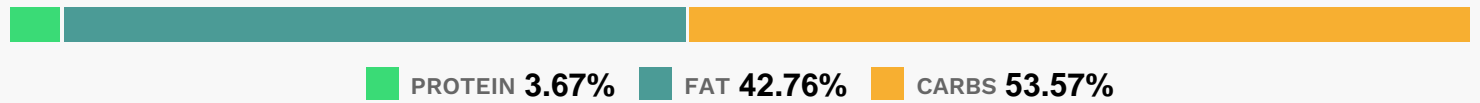
Equipment

bowl

Directions

Stir the mangos, tomatoes, garlic, shallot, green chile pepper, lime juice, pineapple juice, olive oil, and salt together in a bowl; refrigerate 1 hour to allow the flavors to mingle before serving.

Nutrition Facts



Properties

Glycemic Index:24.47, Glycemic Load:4.27, Inflammation Score:-5, Nutrition Score:4.3434782961141%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 73.58kcal (3.68%), Fat: 3.74g (5.76%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 9.21g (3.35%), Sugar: 8.56g (9.51%), Cholesterol: 0mg (0%), Sodium: 311.47mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.45%), Vitamin C: 23.81mg (28.86%), Vitamin A: 691.4IU (13.83%), Vitamin E: 1.06mg (7.1%), Folate: 27.05µg (6.76%), Fiber: 1.34g (5.37%), Vitamin K: 5.58µg (5.32%), Manganese: 0.1mg (5.09%), Vitamin B6: 0.1mg (5.06%), Potassium: 148.91mg (4.25%), Copper: 0.08mg (3.83%), Vitamin B3: 0.47mg (2.33%), Magnesium: 8.71mg (2.18%), Vitamin B1: 0.03mg (1.85%), Vitamin B2: 0.03mg (1.52%), Phosphorus: 14.96mg (1.5%), Vitamin B5: 0.14mg (1.37%), Iron: 0.22mg (1.21%), Calcium: 11.23mg (1.12%)