



Papaya and Mango Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 cups mangos peeled chopped
- ☐ 2 cups papaya shredded firm peeled
- ☐ 1 cup onion red finely chopped
- ☐ 0.1 teaspoon salt

1 Dash sugar

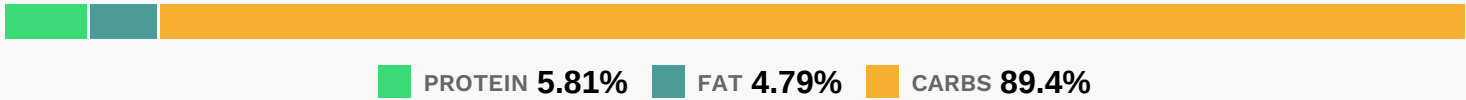
Equipment

bowl

Directions

Combine all ingredients in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:33.95, Glycemic Load:5.26, Inflammation Score:-7, Nutrition Score:5.6782608809678%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 50.54kcal (2.53%), Fat: 0.3g (0.46%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 10.72g (3.9%), Sugar: 9.51g (10.57%), Cholesterol: 0mg (0%), Sodium: 41.1mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 41.7mg (50.55%), Vitamin A: 893.08IU (17.86%), Folate: 37.47µg (9.37%), Fiber: 1.78g (7.13%), Potassium: 180.36mg (5.15%), Vitamin B6: 0.1mg (4.9%), Vitamin K: 4.62µg (4.4%), Manganese: 0.09mg (4.34%), Copper: 0.08mg (3.82%), Magnesium: 15.18mg (3.8%), Vitamin E: 0.56mg (3.76%), Vitamin B3: 0.48mg (2.4%), Vitamin B2: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.11%), Calcium: 20.31mg (2.03%), Vitamin B5: 0.19mg (1.9%), Phosphorus: 17.05mg (1.71%), Iron: 0.28mg (1.57%)