



Quick Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cilantro leaves fresh minced
- 8 servings pepper black to taste
- 1 small jalapeno minced seeded
- 1 juice of lime juiced
- 2 mangos peeled seeded chopped
- 1 small onion minced
- 1 large tomatoes diced

Equipment

bowl

Directions

Stir the mango, tomato, onion, jalapeno pepper, cilantro, and lime juice together in a bowl; season with salt and pepper.

Nutrition Facts

 **PROTEIN 6.75%**  **FAT 5.24%**  **CARBS 88.01%**

Properties

Glycemic Index:26.59, Glycemic Load:4.03, Inflammation Score:-6, Nutrition Score:4.3834782761076%

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: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 40.35kcal (2.02%), Fat: 0.26g (0.41%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 8.62g (3.13%), Sugar: 8.2g (9.11%), Cholesterol: 0mg (0%), Sodium: 2.18mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin C: 25.82mg (31.29%), Vitamin A: 774.28IU (15.49%), Folate: 28.22µg (7.06%), Fiber: 1.34g (5.36%), Vitamin B6: 0.1mg (4.97%), Potassium: 163.95mg (4.68%), Vitamin K: 4.67µg (4.45%), Vitamin E: 0.66mg (4.42%), Manganese: 0.09mg (4.26%), Copper: 0.08mg (3.88%), Vitamin B3: 0.52mg (2.6%), Magnesium: 9.3mg (2.32%), Vitamin B1: 0.03mg (1.91%), Vitamin B2: 0.03mg (1.67%), Phosphorus: 16.4mg (1.64%), Vitamin B5: 0.14mg (1.45%), Calcium: 11.19mg (1.12%), Iron: 0.18mg (1.01%)