



Quick Mango Salsa and Pizza Rolls



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



16

CALORIES



18 kcal

Ingredients

- ☐ 1 cup mangos finely chopped
- ☐ 1 cup salsa thick
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime
- ☐ 32 pizza cheese frozen pizza rolls®

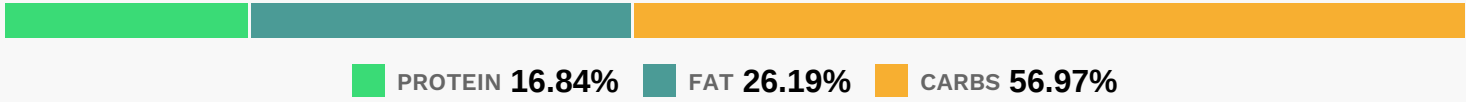
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ In medium bowl, mix mango, salsa, cilantro and lime juice. Cover; refrigerate 1 hour to blend flavors.
- ☐ Bake pizza snacks as directed on package.
- ☐ Serve with mango salsa.

Nutrition Facts



Properties

Glycemic Index:5.23, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:1.2813043296337%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 17.61kcal (0.88%), Fat: 0.57g (0.88%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.33g (0.85%), Sugar: 2.05g (2.28%), Cholesterol: 0.4mg (0.13%), Sodium: 110.64mg (4.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin C: 4.41mg (5.35%), Vitamin A: 206.92IU (4.14%), Vitamin B6: 0.04mg (2.08%), Vitamin E: 0.3mg (2%), Fiber: 0.47g (1.87%), Vitamin K: 1.9µg (1.81%), Potassium: 61.65mg (1.76%), Folate: 5.33µg (1.33%), Manganese: 0.03mg (1.3%), Vitamin B3: 0.26mg (1.28%), Copper: 0.02mg (1.14%)