



Raspberry & mango salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 ml 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 tbsp sugar
- ☐ 1 large mangos ripe
- ☐ 150 g raspberries
- ☐ 4 servings whipped cream

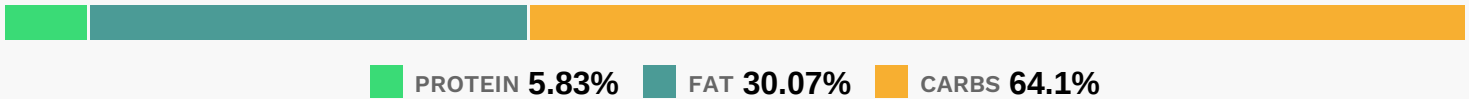
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small pan, bring the cranberry juice and sugar to a rolling boil, then remove from the heat and leave to cool.
- ☐ Meanwhile, peel and thinly slice the mango, then tip into a large bowl with the raspberries.
- ☐ Pour the cranberry syrup over, then spoon into bowls.
- ☐ Serve with scoops of ice cream or spoonfuls of yogurt.

Nutrition Facts



Properties

Glycemic Index:66.21, Glycemic Load:19.05, Inflammation Score:-7, Nutrition Score:8.9195651645246%

Flavonoids

Cyanidin: 17.22mg, Cyanidin: 17.22mg, Cyanidin: 17.22mg, Cyanidin: 17.22mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 223.32kcal (11.17%), Fat: 7.78g (11.97%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 33.53g (12.19%), Sugar: 32.2g (35.78%), Cholesterol: 29.04mg (9.68%), Sodium: 54.79mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin C: 34.03mg (41.25%), Vitamin A: 874.23IU (17.48%), Fiber: 3.78g (15.12%), Manganese: 0.29mg (14.46%), Vitamin B2: 0.2mg (11.91%), Vitamin E: 1.63mg (10.88%), Calcium: 103.86mg (10.39%), Phosphorus: 94.37mg (9.44%), Potassium: 316.14mg (9.03%), Folate: 33.96µg (8.49%), Vitamin K: 8.02µg (7.64%), Vitamin B6: 0.14mg (7.08%), Copper: 0.14mg (6.8%), Magnesium: 25.87mg (6.47%), Vitamin B5: 0.61mg (6.09%), Zinc: 0.71mg (4.75%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (3.89%), Vitamin B3: 0.7mg (3.48%), Iron: 0.54mg (2.98%), Selenium: 1.64µg (2.35%)