



WHATSheATE



Shrimp and Mango Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.5 jalapeno seeded chopped
- ☐ 2 juice of lime
- ☐ 3 large mangos peeled cut into chunks
- ☐ 0.5 bell pepper red minced
- ☐ 0.5 small onion red thinly sliced
- ☐ 6 servings salt to taste

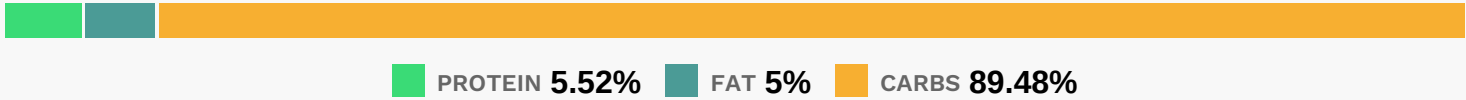
Equipment

☐ bowl

Directions

- ☐ Place all the ingredients but the salt in a large bowl. Stir to combine.
- ☐ Season with the salt and serve.
- ☐ TIP
- ☐ We used the yogurt-marinade recipe from the opposite page before grilling our shrimp, but a simple squeeze of lime juice and some salt works, too.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:7.51, Inflammation Score:-8, Nutrition Score:7.8300000040428%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 71.23kcal (3.56%), Fat: 0.44g (0.68%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 15.81g (5.75%), Sugar: 15.2g (16.89%), Cholesterol: 0mg (0%), Sodium: 195.92mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin C: 55.48mg (67.25%), Vitamin A: 1461.62IU (29.23%), Folate: 52.25µg (13.06%), Vitamin B6: 0.17mg (8.6%), Fiber: 2.1g (8.39%), Vitamin E: 1.16mg (7.73%), Potassium: 223.86mg (6.4%), Copper: 0.12mg (6.2%), Vitamin K: 5.77µg (5.49%), Manganese: 0.09mg (4.62%), Vitamin B3: 0.83mg (4.16%), Magnesium: 13.49mg (3.37%), Vitamin B2: 0.05mg (3.11%), Vitamin B1: 0.04mg (2.78%), Vitamin B5: 0.26mg (2.64%), Phosphorus: 21.53mg (2.15%), Calcium: 15.98mg (1.6%), Iron: 0.24mg (1.36%)