



Snappy Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup green onions chopped
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 2 tablespoons juice of lime fresh
- 2 cups mangos diced (3 mangoes)
- 1 medium size bell pepper diced red
- 0.5 teaspoon salt

1 tablespoon shallots diced

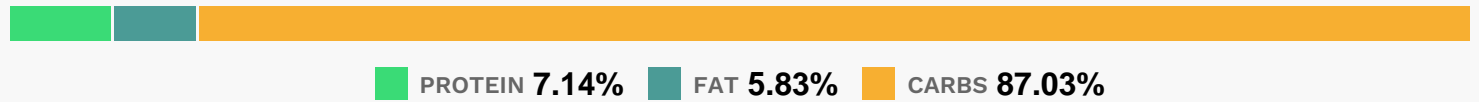
Equipment

bowl

Directions

Combine mangoes and remaining ingredients in a large bowl; chill, if desired.

Nutrition Facts



Properties

Glycemic Index:14.32, Glycemic Load:1.71, Inflammation Score:-4, Nutrition Score:2.9208696471608%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 17.55kcal (0.88%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.69g (1.34%), Sugar: 3.52g (3.91%), Cholesterol: 0mg (0%), Sodium: 78.8mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Vitamin C: 19.49mg (23.62%), Vitamin A: 538.59IU (10.77%), Vitamin K: 8.42µg (8.02%), Folate: 15.74µg (3.94%), Vitamin B6: 0.06mg (2.77%), Fiber: 0.65g (2.59%), Vitamin E: 0.36mg (2.39%), Potassium: 69.03mg (1.97%), Manganese: 0.03mg (1.63%), Copper: 0.03mg (1.51%), Vitamin B3: 0.25mg (1.26%), Vitamin B2: 0.02mg (1.1%), Magnesium: 4.31mg (1.08%)