

Spicy Mango Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup juice of lime fresh
- 4 medium mangos cubed peeled seeded
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon pepper red
- 6 servings pepper black freshly ground to taste
- 2 tablespoons shallots chopped

Equipment

bowl

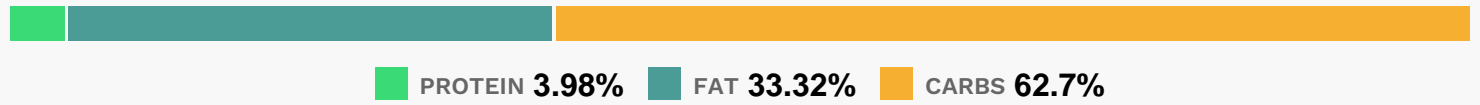
whisk

Directions

Place the mango cubes into a serving bowl. In a separate bowl, whisk together the lime juice and olive oil. Season with red pepper flakes, cilantro, shallots, salt and pepper.

Whisk briefly, then pour over the mangos. Stir to coat, then cover and refrigerate for about 30 minutes to blend the flavors before serving.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:9.72, Inflammation Score:-8, Nutrition Score:9.6217391698257%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 133.02kcal (6.65%), Fat: 5.4g (8.3%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 19.99g (7.27%), Sugar: 19.44g (21.6%), Cholesterol: 0mg (0%), Sodium: 24.02mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 53.57mg (64.93%), Vitamin A: 1903.21IU (38.06%), Vitamin E: 2.45mg (16.34%), Folate: 61.95µg (15.49%), Fiber: 2.85g (11.39%), Vitamin B6: 0.21mg (10.4%), Vitamin K: 10.68µg (10.17%), Copper: 0.17mg (8.69%), Potassium: 282.84mg (8.08%), Manganese: 0.13mg (6.72%), Vitamin B3: 1.1mg (5.51%), Magnesium: 17.5mg (4.37%), Vitamin B2: 0.07mg (3.97%), Vitamin B1: 0.05mg (3.11%), Vitamin B5: 0.31mg (3.08%), Iron: 0.54mg (2.99%), Phosphorus: 26.95mg (2.7%), Calcium: 22.8mg (2.28%), Selenium: 1.16µg (1.65%), Zinc: 0.2mg (1.37%)