



Tomato-and-Mango Salad with Curry-Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 2 pounds mangoes pitted peeled cut into 1/2-inch-thick strips
- ☐ 1 tablespoon mint leaves thinly sliced
- ☐ 2 cups orange juice fresh (6 oranges)
- ☐ 0.1 teaspoon salt
- ☐ 1.5 pounds tomatoes cored cut into 3/4-inch-thick wedges
- ☐ 1 tablespoon vegetable oil

Equipment

☐ sauce pan

Directions

- ☐ Bring the orange juice to a boil in a medium saucepan. Reduce the heat to medium, and cook until reduced to 1/2 cup (about 25 minutes).
- ☐ Remove from heat. Stir in oil, curry powder, and salt. Cool to room temperature.
- ☐ Divide the tomato wedges and mango strips evenly among 6 salad plates.
- ☐ Drizzle evenly with dressing; sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:16.03, Inflammation Score:-9, Nutrition Score:15.530434836512%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg 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: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 9.96mg, Hesperetin: 9.96mg, Hesperetin: 9.96mg, Hesperetin: 9.96mg Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 170.03kcal (8.5%), Fat: 3.29g (5.06%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 31.88g (11.59%), Sugar: 30.65g (34.06%), Cholesterol: 0mg (0%), Sodium: 56.89mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin C: 112.21mg (136.01%), Vitamin A: 2784.58IU (55.69%), Folate: 108.29µg (27.07%), Potassium: 697.99mg (19.94%), Vitamin K: 19.89µg (18.95%), Fiber: 4.12g (16.49%), Vitamin B6: 0.31mg (15.43%), Vitamin E: 2.26mg (15.1%), Copper: 0.28mg (13.83%), Manganese: 0.26mg (13.02%), Vitamin B1: 0.16mg (10.68%), Vitamin B3: 2.04mg (10.21%), Magnesium: 38.2mg (9.55%), Phosphorus: 64.21mg (6.42%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.56mg (5.59%), Iron: 0.86mg (4.75%),

Calcium: 40.71mg (4.07%), Zinc: 0.39mg (2.62%), Selenium: 1.05µg (1.5%)