



Tossed Salad with Mango, Roasted Coconut and Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup canola oil
- ☐ 2 carrots
- ☐ 1 small coconut or fresh
- ☐ 0.5 teaspoon habanero pepper chopped protect your hands and eyes, avoid breathing in fumes
- ☐ 1 tablespoon hot sauce
- ☐ 1 head lettuce your favorite
- ☐ 2 limes fresh

- ☐ 2 mangoes
- ☐ 1 onion red
- ☐ 0.5 cup red wine vinegar
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tomatoes

Equipment

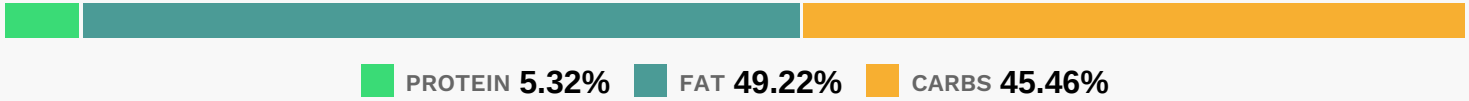
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ microwave
- ☐ peeler

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Place coconut on a towel, and with a mallet (or hammer) and punch (or clean screwdriver), tap "through-holes" into at least 2 of the "eyes" (recessed spots) of the coconut and drain out the liquid.
- ☐ Place the coconut on a baking sheet and roast it for about 1 hour. Microwave the limes in a small bowl to release essential oils and set aside to cool.
- ☐ When coconut is cool enough to handle, place on a towel and break open with mallet. Shave the roasted "meat" out of the coconut with a paring knife and briefly set aside. Peel the mangoes, cut the fruit away from seed, and then dice small. Peel the carrots, and use a vegetable peeler to shave carrots into ribbons. Slice onion as thin as possible.
- ☐ Cut tomatoes into wedges.
- ☐ Prepare vinaigrette by squeezing limes into a small bowl (remember to add essential oils).
- ☐ Mix in vinegar, habanero, and hot sauce.

- ☐ Drizzle the oil into the mixture slowly while whisking constantly, to thicken dressing. Season with salt and pepper to your liking.
- ☐ Cut lettuce into 1/2-inch wide pieces and place in bowl, and add tomatoes and carrots. Lightly toss in the dressing. Top with onions, coconut, and mangoes.

Nutrition Facts



Properties

Glycemic Index:39.32, Glycemic Load:5.52, Inflammation Score:-10, Nutrition Score:11.370869486228%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 135.6kcal (6.78%), Fat: 7.93g (12.2%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 12.8g (4.66%), Sugar: 11.2g (12.45%), Cholesterol: 0mg (0%), Sodium: 65.52mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 3716.73IU (74.33%), Vitamin C: 33.65mg (40.78%), Vitamin K: 27.26µg (25.96%), Manganese: 0.3mg (14.91%), Fiber: 3.68g (14.71%), Folate: 54.9µg (13.73%), Vitamin E: 1.89mg (12.61%), Potassium: 371.29mg (10.61%), Vitamin B6: 0.17mg (8.33%), Copper: 0.14mg (7.18%), Vitamin B1: 0.08mg (5.3%), Magnesium: 20.2mg (5.05%), Phosphorus: 48.46mg (4.85%), Iron: 0.84mg (4.68%), Vitamin B3: 0.85mg (4.25%), Calcium: 36.92mg (3.69%), Vitamin B2: 0.06mg (3.6%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.35mg (2.32%), Selenium: 1.1µg (1.58%)