




 **98%**  
HEALTH SCORE

# Tropical Buckwheat Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




**20 min.**

SERVINGS



**4**

CALORIES



**272 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 cup buckwheat groats
- 2 tablespoons cider vinegar
- 1 mangos diced peeled
- 4 cups salad greens mixed
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parsley chopped
- 0.3 teaspoon pepper freshly ground
- 1 large bell pepper diced red

- 0.7 cup onion diced red
- 0.5 teaspoon salt plus more for buckwheat cooking water

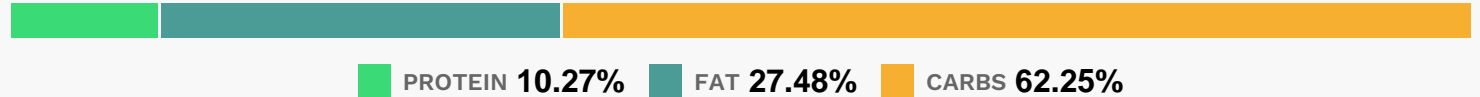
## Equipment

- bowl
- frying pan

## Directions

- In a large skillet, toast buckwheat over medium-high heat, shaking, until lightly browned and fragrant (3 minutes).
- Cook buckwheat in boiling lightly salted water until just tender (5-7 minutes); drain.
- In a large bowl mix vinegar, oil, 1/2 tsp salt, and ground pepper.
- Add warm buckwheat, bell pepper, mango, onion, and parsley; toss.
- Serve on greens.

## Nutrition Facts



## Properties

Glycemic Index:79.69, Glycemic Load:18.52, Inflammation Score:-10, Nutrition Score:22.113912893378%

## 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 Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg

## Nutrients (% of daily need)

Calories: 271.78kcal (13.59%), Fat: 8.87g (13.65%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 45.23g (15.08%), Net Carbohydrates: 38.62g (14.04%), Sugar: 10.01g (11.12%), Cholesterol: 0mg (0%), Sodium: 16.7mg (0.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin C: 87.56mg (106.13%), Vitamin K: 70.21µg (66.86%), Vitamin A: 2615.16IU (52.3%), Manganese: 0.77mg (38.64%), Magnesium: 119.22mg (29.81%), Copper: 0.58mg (28.85%), Fiber: 6.61g (26.44%), Vitamin B3: 4.08mg (20.38%), Folate: 79.64µg (19.91%), Phosphorus: 193.82mg (19.38%), Vitamin B6: 0.34mg (16.96%), Vitamin B2: 0.27mg (15.82%), Potassium: 507.5mg (14.5%), Vitamin E: 2.16mg (14.38%), Iron: 1.81mg (10.08%), Zinc: 1.36mg (9.05%), Vitamin B5: 0.86mg (8.61%), Vitamin B1: 0.11mg (7.19%), Selenium: 4.24µg (6.06%), Calcium: 33.98mg (3.4%)