

Tropical Mango and Pineapple Paradise Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves
- 0.3 cup juice of lime
- 1 mangos peeled seeded chopped
- 0.5 pineapple fresh cored peeled chopped
- 1 small onion red coarsely chopped

Equipment

- food processor

Directions

Place the pineapple, mango, cilantro, lime juice, and red onion in a food processor. Pulse until ingredients are combined and chopped to desired texture, about 4 or 5 times.

Nutrition Facts



PROTEIN 4.97% **FAT 2.95%** **CARBS 92.08%**

Properties

Glycemic Index:21.18, Glycemic Load:5.96, Inflammation Score:-5, Nutrition Score:5.8630433950735%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 51.35kcal (2.57%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 11.75g (4.27%), Sugar: 9.83g (10.93%), Cholesterol: 0mg (0%), Sodium: 1.83mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin C: 39.92mg (48.39%), Manganese: 0.56mg (28.13%), Vitamin A: 361.82IU (7.24%), Folate: 25.09µg (6.27%), Fiber: 1.49g (5.95%), Vitamin B6: 0.11mg (5.73%), Copper: 0.1mg (4.99%), Vitamin B1: 0.06mg (4.04%), Potassium: 137.52mg (3.93%), Vitamin K: 3.65µg (3.48%), Magnesium: 11.53mg (2.88%), Vitamin B3: 0.49mg (2.45%), Vitamin B5: 0.2mg (2.01%), Vitamin B2: 0.03mg (1.99%), Vitamin E: 0.28mg (1.87%), Calcium: 14.87mg (1.49%), Iron: 0.25mg (1.41%), Phosphorus: 13.51mg (1.35%)