



Warm Mango Salsa



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon ground coriander
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1 mangos diced peeled seeded

- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 8 ounce dole pineapple tidbits drained canned

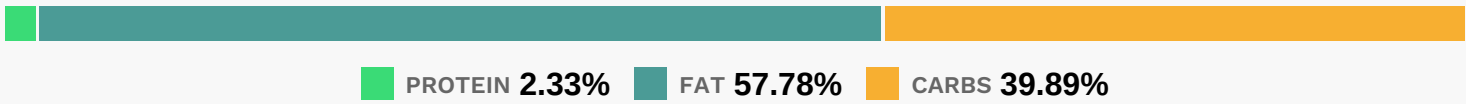
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat olive oil in a nonstick skillet over medium-high heat, and cook and stir the onion and jalapeno pepper until tender, about 5 minutes. Stir in the garlic, lemon zest, and coriander; cook until fragrant, about 1 minute.
- ☐ Push the onion and pepper mixture to the edges of the pan, and add the mango and pineapple to the center of the pan. Cook, without stirring, until the fruit begins to caramelize, about 5 minutes.
- ☐ Pour the lemon juice into the pan, and bring to a boil, stirring and scraping the browned bits of food off of the bottom of the pan with a wooden spoon.
- ☐ Remove from heat; stir in the butter, and stir to combine all ingredients evenly. Season to taste with salt and black pepper; serve warm.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:2.08, Inflammation Score:-4, Nutrition Score:3.3108695372939%

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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 95.83kcal (4.79%), Fat: 6.51g (10.02%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.04g (3.29%), Sugar: 8.24g (9.16%), Cholesterol: 7.53mg (2.51%), Sodium: 23.77mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 18.32mg (22.21%), Vitamin A: 401.84IU (8.04%), Vitamin E: 0.9mg (6.01%), Fiber: 1.08g (4.34%), Vitamin B6: 0.08mg (4.18%), Folate: 16.38µg (4.1%), Vitamin K: 4.17µg (3.97%), Copper: 0.07mg (3.43%), Potassium: 109.6mg (3.13%), Vitamin B1: 0.04mg (2.98%), Manganese: 0.06mg (2.8%), Magnesium: 9mg (2.25%), Vitamin B3: 0.3mg (1.51%), Vitamin B2: 0.02mg (1.35%), Calcium: 13.29mg (1.33%), Phosphorus: 11.51mg (1.15%), Iron: 0.2mg (1.11%)