



Watermelon and Mango with Lime



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

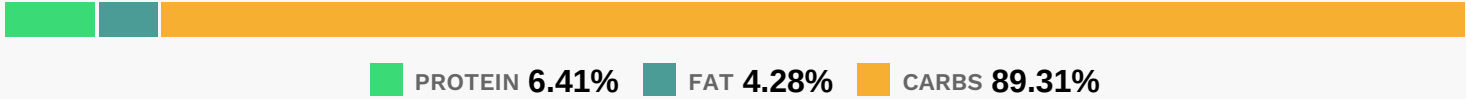
- ☐ 1 tablespoon juice of lime fresh to taste
- ☐ 1 teaspoon lime zest fresh finely grated
- ☐ 2 mangoes pitted peeled cut into 1-inch chunks ()
- ☐ 0.5 teaspoon sugar to taste
- ☐ 4 lb watermelon seedless cut into 1-inch chunks (preferably)

Equipment

Directions

☐ Toss together all ingredients and chill, covered, stirring occasionally, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:21.17, Inflammation Score:-9, Nutrition Score:10.10913035144%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.13kcal (6.71%), Fat: 0.72g (1.11%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 31.43g (11.43%), Sugar: 28.58g (31.76%), Cholesterol: 0mg (0%), Sodium: 3.77mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin C: 50.46mg (61.16%), Vitamin A: 2468.62IU (49.37%), Potassium: 457.87mg (13.08%), Vitamin B6: 0.22mg (10.96%), Copper: 0.2mg (10.23%), Folate: 39.02µg (9.75%), Magnesium: 37.36mg (9.34%), Fiber: 2.33g (9.33%), Vitamin B5: 0.81mg (8.08%), Vitamin B1: 0.12mg (7.99%), Manganese: 0.16mg (7.94%), Vitamin B2: 0.09mg (5.31%), Vitamin E: 0.78mg (5.19%), Vitamin B3: 1mg (5.02%), Iron: 0.84mg (4.67%), Phosphorus: 43.33mg (4.33%), Vitamin K: 3.22µg (3.06%), Calcium: 29.22mg (2.92%), Zinc: 0.37mg (2.45%), Selenium: 1.63µg (2.33%)