



Healthdor

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Mango Strawberry Arugula Salad

A refreshing salad featuring the sweetness of mango and strawberry, balanced with the peppery flavor of arugula. Perfect for a light and healthy meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Mango
200 g	Strawberries
100 g	Arugula
2 tbsp	olive oil
2 tbsp	balsamic vinegar
0.5 teaspoon	salt

0.25 black pepper
teaspoon

Directions

Step 1

Cut

Wash and slice the mango and strawberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the arugula, mango, and strawberries.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Whipping

In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and black pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Stirring

Drizzle the dressing over the salad and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 2 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	50 mg	5%	5%
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fall

Events

Thanksgiving

Birthday

Halloween

Picnic

Game Day

Cuisines

Italian

Chinese

Mexican

Thai

Mediterranean

Spanish

American

Nutritional Content

Low Calorie

Low Fat

Low Carb

Low Sodium

High Vitamin C

High Iron

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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