



Healthdor

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Mango Salad ♦

A refreshing salad made with fresh mangoes, mixed greens, and a tangy dressing.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Mangoes
200 g	Mixed Greens
2 tbsp	lime juice
1 tbsp	olive oil
0.5 teaspoon	salt
0.5 teaspoon	pepper

Directions

Step 1

Cut

Peel and dice the mangoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash and dry the mixed greens.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together lime juice, olive oil, salt, and pepper to make the dressing.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the mangoes and mixed greens. Drizzle the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the mango salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 3 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	4 g	10.53%	16%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	30 mg	3%	3%
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 Barbecue Picnic

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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