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## Mango Raspberry Rice Bowl ♦♦

A refreshing and nutritious rice bowl packed with the tropical flavors of mango and raspberry. This vegan recipe is perfect for a light and healthy meal.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Mango
150 g	Raspberry
300 g	cooked rice
2 tbsp	lime juice
20 g	Cilantro
50 g	red onion

100 g	Avocado
1 tsp	salt
1 tsp	pepper

## Directions

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### Step 1

Cut

Dice the mango, red onion, and avocado.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a bowl, combine the diced mango, raspberry, red onion, avocado, cooked rice, lime juice, cilantro, salt, and pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Serving

Serve the mango raspberry rice bowl chilled or at room temperature.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 6 g

**Protein:** 4 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	7 g	18.42%	28%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 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	100 iu	11.11%	14.29%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day

### Cuisines

Italian French Mediterranean Greek Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat

### Kitchen Tools

Blender

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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