



A Nutrition Resource

MANGO SALSA

Yield: 8 Servings | Serving Size: 2 Tablespoons

Cost/Serving: \$0.44

Ingredients:

- 1 mango, diced (or 1 cup thawed frozen chunks) *
- 1 Tablespoon diced onion (optional)
- 1 Tablespoon chopped fresh cilantro (optional)
- 1/4 teaspoon salt
- 2 Tablespoons lime juice
- Tortilla chips

Directions:

- 1) Wash fresh mango and cilantro (if using).
- 2) Collect, prepare, and measure all ingredients before starting to prepare the recipe.
- 3) Combine all ingredients in a medium bowl (or in two bowls if you want to have some without onion).
- 4) Serve with tortilla chips.
- 5) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*To cut a fresh mango:

1. Stand it on its end, place the knife about 1/4 inch from the center (which is where the pit is), and cut from top to bottom. Repeat on the other side.
2. Discard the center with the pit.
3. With the peel side down, slice the flesh of the mango in parallel lines from top to bottom, about 1/2 inch apart, and then side to side to create bite-sized pieces, making sure not to cut through the peel.
4. Then, use a spoon to scoop out the flesh. Repeat on the other half.

Nutrition Facts

8 servings per container

Serving size 2 Tablespoons (31g)

Amount Per Serving

Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 50mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Be creative! Substitute peach, papaya, or avocado for mango. Serve as a garnish for chicken or fish.

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