



# Mango Salsa



## Ingredients



- 1/2 mango, peeled and diced
- 1/4 cup cucumber, peeled and diced
- 1/4 cup red onion, diced
- 1/4 cup corn (optional)
- 2 Tbsp. cilantro
- 1/2 Tbsp. jalapeno (optional)
- 1/2 lime, juiced
- Salt and pepper to taste

Yield: 4 servings  
Serving Size: 1/3 cup



## Directions



1. Mix all ingredients in a bowl.
2. Put in refrigerator to chill for an hour.
3. Serve and enjoy!

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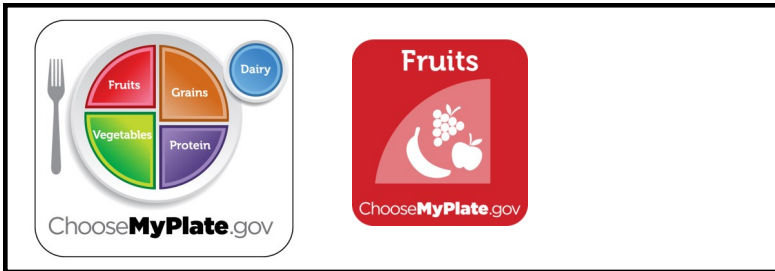
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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Serve with homemade tortilla chips!
- Try this salsa with bell peppers instead of cucumbers.
- Add pineapple for added sweetness!
- Defrost frozen mango if fresh is not available.

## Nutrition Facts



<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	1/3 cup
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>30</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.18mg	0%
Potassium 94mg	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.

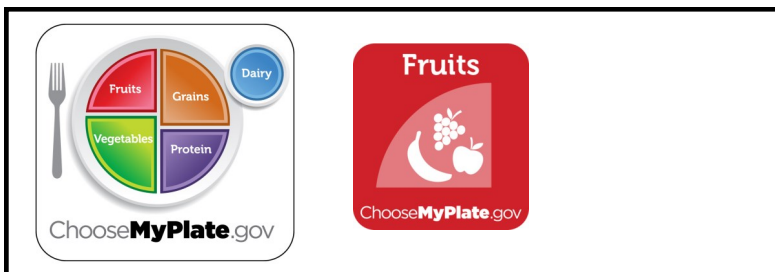
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<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%
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