Mango Salsa
Makes 8 – 2 tablespoon servings

Ingredients:
1 mango, peeled, pitted, and diced (or 1 cup thawed frozen chunks)
1 tablespoon diced red onion
1 tablespoon chopped fresh or dried cilantro (optional)
¼ teaspoon salt
Juice of 1 lime or 2 tablespoons bottled lime juice

Directions:
1. Combine mango, onion, cilantro, salt and lime juice in a bowl.
2. Serve with baked tortilla chips.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

Nutrition Facts
8 servings per container
Serving size 2 tablespoon (60g)

Amount per serving
Calories 35 % Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 140mg 6%
Total Carbohydrate 9g 3%
Dietary Fiber 1g 4%
Total Sugars 7g Includes 0g Added Sugars 0%
Protein 0g

Vitamin D 0mcg 0%
Calcium 9mg 0%
Iron 0mg 0%
Potassium 16mg 0%

*The % Daily Value 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.

0% calories from fat