



M a n g o S a l s a



Ingredients:

- 3 ½ Cup diced mangos (about 2 ½ pounds)
- ¼ Cup diced red onion
- 2 Tbs. finely chopped fresh cilantro
- 1 Tsp. minced seeded jalapeño pepper
- 2 Tbs. rice vinegar
- 1 Tsp. lemon juice
- 1 Garlic clove, minced

Preparation:

Combine all ingredients in a bowl, and stir well. Cover and chill.

Nutritional Information for

1 Serving:

Calories 22;
Fat 0.1g;
Protein 0.4g;
Cholesterol 0.0mg;
Calcium 4mg;
Fiber 0.8g; Iron 0.1mg;
Carbohydrate 5.6g;
Sodium 1mg.

Origen: www.cookinglight.com

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 1/2010



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