

## **Mango Salsa**

### **Ingredients:**

2 cups canned mangoes, drained  
1/2 red onion, finely chopped  
1/2 red bell pepper, finely chopped  
1/3 cup fresh cilantro, chopped  
Juice of 1/2 lime  
1/3 tsp salt  
Optional:  
1/2 to 1 jalapeno pepper, finely chopped  
(with or without seeds, depending on  
how spicy you want the salsa)

### **Instructions:**

1. In a medium bowl, combine all ingredients. Stir until well combined.
2. Use as a topping for salmon tacos or serve with chips.
3. Store in the refrigerator for up to three days.

Serves: 4

Prep Time: 5 minutes

Source: LSUAg Center

## **Nutrition Facts**

4 servings per container

**Serving size** 1/2 cup (148g)

Amount per serving

**Calories** 100

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 200mg 9%

**Total Carbohydrate** 27g 10%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 1mg 6%

Potassium 176mg 4%

\*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.



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