



Mango Salsa

Use this as a dip for tortilla chips! Try it on a wrap with chicken for lunch!

U.S.		Metric
1 each	Mango, small dice	1 each
1/4 each	Onion, Small, small dice	1/4 each
1 each	Tomato, small dice	1 each
1/4 cup	Cilantro, Fresh, chopped	15 g
1 Tbsp	Vinegar, such as rice or red wine	8 ml
1 each	Lime, juiced	1 each
1 tsp	Ground cumin	3 g
1 tsp	Olive oil	3 ml
1/4 tsp	Kosher salt	1.5 g
To taste	Black pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a medium sized bowl and stir to combine.
3. Allow the flavors of the salsa to develop by placing it in the refrigerator for an hour or overnight before serving. Refrigerate leftovers in a covered dish and enjoy for up to 3 days.

Nutrition Facts

8 Servings

Serving size **1/4 cup**

Amount per serving

Calories **35**

Calories from Fat 5

Total Fat 1 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 75 mg

Total Carbohydrate 8 g

 Dietary Fiber 1 g

 Total Sugars 6 g

 Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 2 %

Iron	2 %
Potassium	119 mg
Phosphorus	11.4 mg
