



Tomato and Mango Salsa (PKU-Friendly)

Use this as a dip for tortilla chips. Great on top of salads or even as a side dish!

<u>U.S.</u>		<u>Metric</u>	<u>Phe (mg)</u>	<u>Pro (g)</u>
1/2 cup	Mango, small dice	85 g	21.3 mg	.4 g
1/4 cup	Red onion, small dice	40 g	27.2 mg	.5 g
1 cup	Tomato, small dice	200 g	76 mg	1.6 g
1 Tbsp	Red Wine Vinegar	15 mL	0 mg	0 g
1 each	Lime, juiced	1 each	0 mg	0 g
1 tsp	Cumin, ground	2 g	0 mg	0 g
2 Tbsp	Cilantro, fresh	7 g	0 mg	0 g
1 tsp	Olive Oil	5 mL	0 mg	0 g
1/4 tsp	Kosher Salt	1.5 g	0 mg	0 g
To taste	Black Pepper, ground	To taste	0 mg	0 g

Protein per recipe: 2.5 g
Phe per recipe: 124.5 mg

Protein per serving: .31 g
Phe per serving: 15.5 mg

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a medium sized bowl and mix together.
3. Allow salsa to set in refrigerator for an hour or overnight and serve! 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 20

Calories from Fat 5

Total Fat 0.5 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated 0 g

Cholesterol 0 mg

Sodium 60 mg

Total Carbohydrate 3 g

Dietary Fiber 1 g

Total Sugars 2 g

Includes 0g Added Sugars

Protein 0.31 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 84 mg

Phosphorus 8 mg
