



# Mango Salsa



**Start to finish time:** 25 minutes

**Number of servings:** 6

## Nutrition Facts

**Serving size** ½ cup

**Amount per serving**  
**Calories** **76**

**% Daily Value\***

**Total Fat** 0.5g **1 %**

**Saturated Fat** 0.1g **0 %**

**Trans Fat** 0g

**Cholesterol** 0mg **0 %**

**Sodium** 196mg **9 %**

**Total Carbohydrate** 19g **7 %**

**Dietary Fiber** 2.2g **8 %**

**Total Sugars** 16g

**Includes** 0g **Added Sugar** **0 %**

**Protein** 1.2g

**Vitamin D** 0mcg **0 %**

**Calcium** 21mg **2 %**

**Iron** 0.3mg **2 %**

**Potassium** 254mg **5 %**

\* The % Daily Value (DV) 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.

## INGREDIENTS:

- 2 large ripe mangos (diced)
- 1 small cucumber (diced)
- 2 medium green onions (fine chop)
- 1 medium jalapeno pepper (diced small)
- Juice of 2 medium limes
- ½ teaspoon salt
- Cayenne pepper to taste

### Optional:

- 1 medium bell pepper (diced)
- ¼ cup cilantro (roughly chopped)

## DIRECTIONS:

1. Gather and prepare ingredients.
2. Add all the ingredients to a large bowl.
3. Mix well. For the best flavor, cover and refrigerate for at least one hour before serving.

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.



## STEP-BY-STEP DIRECTIONS:



### Step 1

Gather and prepare ingredients.



### Step 2

Add all the ingredients to a large bowl.



### Step 3

Mix well. For the best flavor, cover and refrigerate for at least one hour before serving.

## SUBSTITUTIONS:

- Pineapple, oranges, or any other fruit can be used in place of the mango.
- Any color of bell pepper will work, choose based on your preference!

## MSU EXTENSION NOTES:

- Enjoy with a side of whole wheat tortilla chips or pair with rice and baked salmon.

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