

Easy Mango Salsa

Yield 4 Servings

Prep time 10 minutes

Total time 10 minutes

Ingredients

1	mango (peeled and chopped)
1/4 cup	chopped green bell pepper
1	green onion, chopped
1	lime, juiced (1-2 Tablespoons)

Instructions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Cost

Per recipe: \$1.29

Per serving: \$0.32

Source

Iowa Department of Public Health. [Iowa Nutrition Network](http://www.iowadepartmentofpublichealth.com/lowa-nutrition-network).

Nutrition Facts

Serving Size 1/4 of recipe (108g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories 60		Calories from Fat 5	
Total Fat 0g			
Saturated Fat 0g			
Trans Fat 0g			
Cholesterol 0mg			
Sodium 0mg			
Total Carbohydrate 14g			
Dietary Fiber 2g			
Sugars 12g			
Protein 1g			
Vitamin A 20%		• Vitamin C 70%	
Calcium 2%		• Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			