

Mango Salsa

Yield: 4-6 servings



Ingredients

- 1 mango, peeled and diced
- 1/2 cup peeled, diced cucumber
- 1 tablespoon finely chopped jalapeno
- 1/3 cup diced red onion
- 1 tablespoon lime juice
- 1/3 cup roughly chopped cilantro leaves
- Salt and pepper

Preparation

Combine the mango, cucumber, jalapeno, red onion, lime juice and cilantro leaves and mix well. Season with salt and pepper, to taste.

Nutritional Information: Amount per serving

- Calories: 44
- Calories from fat: 4%
- Fat: 0.2g
- Saturated fat: 0g
- Protein: 0.6g
- Carbohydrate: 11g
- Fiber: 1g