



Mango Salsa

Yield: 8 servings

Ingredients

- 1 ½ cups diced mango
- 3 tablespoons diced red onion
- ½ cup diced tomato
- ¼ cup chopped cilantro
- 3 tablespoons lime juice
- 1 teaspoon ground cumin
- 1 teaspoon extra virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

Instructions

1. Place all ingredients in a medium sized bowl and stir to combine.

Nutrition Information

Serving Size: ¼ cup
Calories: 28
Total Fat: 0.8 g
Saturated Fat: 0.1 g
Monounsaturated Fat: 0.0 g
Sodium: 121.7 mg
Total Carbohydrate: 5.6 g
Dietary Fiber: 0.8 g
Sugars: 4.7 g
Protein: 0.5 g

Source: Goldring Center for Culinary Medicine



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