

# Kiwi, Strawberry, and Mango Fruit Salad

## Ingredients:

- 2 lemons, juiced
- 1 teaspoon honey
- 2 tablespoons mint, chopped
- 1 pound mango chunks
- 1 pound kiwi, peeled and sliced
- 1 pound strawberries

## Directions:

1. In a small bowl, whisk together lemon juice, honey, and chopped fresh mint. Set aside.
2. Put the fruit pieces in a large bowl and gently toss with the lemon mixture. Chill in the refrigerator until ready to serve. Eat within a few hours.

## Nutrition Facts

Serving Size (247g)  
Servings Per Container 6

Amount Per Serving

**Calories 120**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 30g**      **10%**

Dietary Fiber 5g      **20%**

Sugars 22g

**Protein 2g**

Vitamin A 20%      • Vitamin C 260%

Calcium 4%      • Iron 4%

\*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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: Andrea Recipes

