

Mango Salsa

Ingredients:

1 cup mango peeled, pitted, and cubed
3 medium yellow and/or red tomatoes, seeded and chopped
1 cup chopped seedless watermelon
1/3 cup finely chopped red onion

1/4 cup snipped fresh cilantro
2 jalapeño peppers, halved, seeded, finely chopped*
3 tablespoons lime juice
2 teaspoons honey
Kosher salt to taste

* Jalapeño peppers can be used to taste. Always start with less and add two jalapeño at a time until the desired spice is reached.

Directions:

1. Mix all ingredients, season to taste with kosher salt, then cover and chill 2 hours or until ready to serve.

Nutrition Facts

Serving Size 1/4 cup (37g)
Servings Per Container 16

Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	

Vitamin A 2% • Vitamin C 15%
Calcium 0% • Iron 0%

*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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