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

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

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.

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: Andrea Recipes