

# Mango Salsa

6 ingredients · 10 minutes · 4 servings



## Directions

1. Combine all ingredients in a large bowl. Refrigerate until ready to serve. Enjoy!

## Notes

### Serving Size

One serving equals approximately 1 1/2 cups of mango salsa.

### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add paprika, minced garlic and/or sea salt.

### Additional Toppings

Top with green onions, chopped chicken breast, grilled tofu or roasted chickpeas.

### Serve it With

Tacos, brown rice tortilla chips or baked plantain chips.

## Ingredients

- 2 Mango (peeled and cubed)
- 2 cups Corn (cooked)
- 2 tbsps Red Onion (finely chopped)
- 1 Red Bell Pepper (finely chopped)
- 1/2 cup Cilantro (chopped)
- 1 Lime (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	185	Vitamin A	3086IU
<b>Fat</b>	2g	Vitamin C	107mg
<b>Carbs</b>	44g	Calcium	27mg
Fiber	5g	Iron	1mg
Sugar	28g	Vitamin D	0IU
<b>Protein</b>	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	42mg
Sodium	5mg	Zinc	1mg
Potassium	538mg	Selenium	1µg