

Healthy Children, Healthy Family

Mango Salsa



Makes: 4 servings of ¼ cup each
Preparation time: 15 minutes

Ingredients:

- 1 mango, peeled, without seed, and diced
- 2 Tbsp of tomato, diced
- 1 Tbsp of fresh cilantro, chopped
- ¼ tsp of salt
- 1 Tbsp onion, chopped
- Juice of 1 fresh lemon

Note: Substitute fresh peaches if mangoes are not available

Instructions:

Combine all ingredients in a bowl. Serve with baked corn tortilla chips or use as a topping for chicken or fish.



Nutrition Facts

Serving Size (74g)
 Servings Per Container

Amount Per Serving

Calories 40 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 0g

Vitamin A 20% • Vitamin C 20%

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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

My Family's Goal: We will try our best to
