

Ginger Mango Salsa

Ingredients for Life

Make this when you have really ripe mangos. It is a great addition to spicy foods.

Serves 8

Serving size: 1/4 cup

Prep time: 15 minutes

Cook time: 0 minutes

Total time: 15 minutes

Ingredients

- 1 mango, diced
- 1 Tablespoon grated fresh ginger
- 1 jalapeno, minced
- 2 teaspoons minced fresh mint
- Juice from 1 lime (approximately 1½ Tablespoons)
- Pinch of salt

Directions

1. Combine all ingredients in a bowl.
2. Serve immediately, or chill until serving.



Nutrition Facts

Serves 8

Serving size 1/4 cup (50g)

Amount per serving

Calories 29

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 19mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Total Sugars 6g	
Protein 1g	1%
Vitamin D 0mcg	0%
Calcium 6mg	1%
Iron 0.5mg	1%
Potassium 90mg	3%
Phosphorus 8mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.