



## April 24- Mango with Pistachios and Coconut

Smart Snack

Link: <http://www.dianasdesserts.com/index.cfm/fuseaction/recipes.recipeListing/filter/dia/recipeID/4567/Recipe.cfm>

### **Recipe**

*Ingredients:*

- 16 slices ripe mango (about 2 whole)
- 4 teaspoons lite coconut milk
- 2 Tablespoons chopped pistachios

*Directions:*

1. Place fruit slices on a serving platter. Drizzle with coconut milk and sprinkle with pistachios.

Yield 4 servings

### **Nutrition Facts**

Serving Size 4 slices (115.5g)  
Servings Per Container 4

**Amount Per Serving**

**Calories** 110      **Calories from Fat** 35

**% Daily Value\***

**Total Fat** 4g      **6%**

**Saturated Fat** 0.5g      **3%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 18g      **6%**

**Dietary Fiber** 2g      **8%**

**Sugars** 15g

**Protein** 2g

**Vitamin A** 25%      •      **Vitamin C** 60%

**Calcium** 2%      •      **Iron** 2%

\* Percent Daily Values are based on a 2,000 calorie diet.