



August 9- Mango Salsa

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/mango-salsa>

Recipe

Ingredients:

- 1 mango
- 1 Tablespoon onion, red
- 1 Tablespoon cilantro
- ¼ teaspoon salt
- 2 Tablespoons lime juice

Directions:

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.

Yield 8 servings

Nutrition Facts

Serving Size 2 tablespoons (30.94g)
Servings Per Container 8

Amount Per Serving

Calories 20 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **2%**

Sugars 4g

Protein 0g **0%**

Vitamin A 6% • Vitamin C 20%

Calcium 0% • Iron 0%

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