

Black Rice Mango Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-forbidden-black-rice-recipe>

Ingredients:

- 2 cups forbidden black rice cooked and cooled
- 1 1/2 cups mango chunks ripe
- 1 cup cucumber finely chopped
- 1/2 cup red bell pepper finely chopped
- 1/2 cup finely chopped red onion
- 1/4 cup chopped fresh cilantro
- 1 tablespoon jalapeno pepper chopped
- 1 tablespoon mint leaves chopped
- 1 teaspoon lime zest
- 1 tablespoon lime juice
- 1 teaspoon salt or per taste
- 1/2 teaspoon crushed black pepper

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 15 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 590 milligrams
6. Sugar: 12 grams

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