

Mango Shrimp Salsa

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mango-shrimp-recipe>

Ingredients:

- 3 mangos lg ripe, *diced
- 1 pound shrimp precooked, 31-40 per lb *diced
- 2 Roma tomatoes *diced
- 1 bunch cilantro *chopped about 1 cup
- 1 jalapeño small, *finely diced see tips about for roasting
- 1/2 red onion *finely diced
- 3 avocados med ripe, *diced
- 2 limes
- salt
- pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 140 milligrams
4. Fat: 20 grams
5. Fiber: 13 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 310 milligrams
9. Sugar: 22 grams

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