

# Corn And Raw Mango Salad – Indian Style (Summer Salad)

Yield: 3 min  
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cucumber-and-tomato-salad-recipe>

## Ingredients:

- 2 cups corns boiled sweet
- 1 cup mango kairi peeled and finely chopped
- 2 tablespoons cucumbers finely chopped
- 2 tablespoons onions finely chopped
- 1 tablespoon tomatoes deseeded and finely chopped, you can use cherry tomatoes as well
- 2 teaspoons lemon juice
- 1 teaspoon Garam Masala
- 1 teaspoon cumin seeds powder, jeera powder
- 1 teaspoon chilli powder
- 1/2 teaspoon crushed black pepper freshly
- cilantro A fist full of, coriander leaves finely chopped
- salt to taste

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 31 grams
3. Fat: 1.5 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 290 milligrams
7. Sugar: 12 grams

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