

Mango Dipping Sauce

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-curry-dipping-sauce-recipe>

Ingredients:

- 4 cups mango packed diced, about 2 medium ripe mangoes
- 1 red bell pepper small, minced
- 1 jalapeno pepper minced
- 1 shallot minced
- 4 teaspoons fresh lime juice
- 1 teaspoon salt

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 35 grams
3. Fiber: 4 grams
4. Protein: 3 grams
5. Sodium: 600 milligrams
6. Sugar: 26 grams

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