

Kiwi, Mango, and Cucumber Salsa with Lime and Jalapeno

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/thick-mexican-hot-sauce-recipe>

Ingredients:

- 4 kiwifruit peeled and cut into 1/2 inch pieces
- 1 mango peeled, seed removed, and cut into 1/2 inch pieces
- 2 cucumber small, cut into 1/2 inch pieces, if the cucumber has thick skin, I would peel it
- 3 green onions sliced
- 4 tablespoons lime juice fresh squeezed
- 1 teaspoon Tabasco Green Pepper Sauce or more, if you like it spicy
- sea salt to taste, I used about 1/2 tsp.

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 56 grams
3. Fat: 1.5 grams
4. Fiber: 10 grams
5. Protein: 6 grams
6. Sodium: 400 milligrams
7. Sugar: 36 grams

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