

# Mango Salsa with Red Bell Pepper

Yield: 1 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-style-mango-recipe>

## Ingredients:

- 1 mango diced small
- 1/2 red bell pepper large, diced small
- 1/4 cup purple onion diced, diced small
- 3 tablespoons chopped cilantro finely
- 2 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin or less if you don't like cumin that much
- 1/2 teaspoon Tabasco Green Pepper Sauce
- hot sauce
- 1 pinch sea salt

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 46 grams
3. Fat: 27 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 4 grams
7. Sodium: 570 milligrams
8. Sugar: 36 grams

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