

Mango Salsa

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-authentic-mexican-chilie-sauce-for-chilie-reanios>

Ingredients:

- 1 mango ripe, peeled, pitted, and finely diced, about 1 1/2 cup, See: How to Cut a Mango
- 2 tablespoons red onion finely chopped
- 1/2 chile Jalapeño, minced, less or more to taste, make sure to actually taste the chile first, some of them can be quite hot!
- 3 tablespoons cilantro leaves fresh, chopped
- 3 tablespoons fresh lime juice
- salt
- pepper

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 12 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 220 milligrams
6. Sugar: 8 grams

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