

Mango, Pineapple and Papaya Salad

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-papaya-salad-recipe-indian>

Ingredients:

- 2 papayas
- 1 mango
- 1/2 pineapple small, about 1 lb.
- 3 limes

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 38 grams
3. Fiber: 6 grams
4. Protein: 3 grams
5. Sodium: 5 milligrams
6. Sugar: 24 grams

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