

Avocado and Mango Salsa

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-taco-sauce-recipes>

Ingredients:

- 1 mango peeled and diced
- 1 avocado peeled and diced
- 1 plum tomato diced
- 1 clove garlic minced
- 1 seeded jalapeño, and diced
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1/4 cup red onion chopped
- 1 tablespoon olive oil
- salt
- pepper

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 14 grams
3. Fat: 9 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 160 milligrams
8. Sugar: 7 grams

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