



A Nutrition Resource

# MANGO SALSA

**Yield: 8 Servings | Serving Size: 2 Tablespoons**  
**Cost/Serving: \$0.44**

### Ingredients:

- 1 mango, diced (or 1 cup thawed frozen chunks) \*
- 1 Tablespoon diced onion (optional)
- 1 Tablespoon chopped fresh cilantro (optional)
- 1/4 teaspoon salt
- 2 Tablespoons lime juice
- Tortilla chips

### Directions:

- 1) Wash fresh mango and cilantro (if using).
- 2) Collect, prepare, and measure all ingredients before starting to prepare the recipe.
- 3) Combine all ingredients in a medium bowl (or in two bowls if you want to have some without onion).
- 4) Serve with tortilla chips.
- 5) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\*To cut a fresh mango:

1. Stand it on its end, place the knife about 1/4 inch from the center (which is where the pit is), and cut from top to bottom. Repeat on the other side.
2. Discard the center with the pit.
3. With the peel side down, slice the flesh of the mango in parallel lines from top to bottom, about 1/2 inch apart, and then side to side to create bite-sized pieces, making sure not to cut through the peel.
4. Then, use a spoon to scoop out the flesh. Repeat on the other half.

## Nutrition Facts

8 servings per container

**Serving size 2 Tablespoons (31g)**

Amount Per Serving

**Calories 15**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 50mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Be creative!** Substitute peach, papaya, or avocado for mango. Serve as a garnish for chicken or fish.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**MONTANA**  
STATE UNIVERSITY

EXTENSION