

Mango Salsa

Healthy, Amazing Taste with punching Flavors! Melt your Taste-buds in Bliss



PREP TIME
15 mins



COURSE
Appetizer, Salad, Side Dish,
Snack

CUISINE
American, Mexican



SERVINGS
4 Servings

INGREDIENTS

- 4 Mangos cubed
- 1 bunch of Fresh Cilantro chopped (about 2 Cups)
- 1/2 Large Red Onion diced
- 1 Cucumber peeled and diced
- 2 Jalapenos seeded and diced
- 2 Limes squeeze and juiced

INSTRUCTIONS

1. In a salad bowl, combine all the ingredients and stir well to blend.
2. Chill in refrigerator a couple hours and stir before serving.

NOTES

Health Comments:

Mangos are packed with Antioxidants such as Magferin, Catechins, Anthocyanins, Quercetin, Kaempferol, Rhamnetin, Benzoic Acid, other nutrients are Vitamins A, B5, B6, C, E & K, Folate, Niacin, Potassium, Riboflavin, Manganese, Thiamine, Magnesium, Phosphorus, Pantothenic Acid, Calcium, Selenium, Iron, Choline, Beta Carotene, Beta Cryptoxanthin, Lutein, and Zeaxanthin.



KEYWORD
Mango Avocado Salsa