



Mango Pepper Salsa

This recipe is a great example of the many possibilities of salsa. Mango salsa pairs nicely with fish and chicken dishes, and serves as a unique dip. The mangoes provide a sweetness that is not overpowering, and the peppers and onions add some crunch!

Prep: 10 minutes • Total: 10 minutes

Ingredients:

Red pepper	½ each	½ each
Yellow pepper	½ each	½ each
Red onion	½ each	½ each
Mango, diced	½ each	½ each
Avocado	½ each	½ each
Cilantro, chopped	½ cup	125 mL
Honey	½ Tbsp	7.5 mL
Sesame oil	2 tsp	10 mL
Rice wine vinegar	3 Tbsp	45 mL

Directions:

1. Mix all vegetables and mango in a medium sized bowl.
2. Rinse and chop cilantro finely.
3. Whisk honey, sesame oil, and vinegar in a small bowl.
4. Add to vegetables and toss.

Nutrition Facts

Serving Size (139g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 1g

Vitamin A 10% • Vitamin C 150%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from:
*NutritionRx in partnership with
Chef Lindsay Sferrazza*

Makes 4 servings (139 g / serving) • 1 serving = ¾ cup

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