

## **Mango Salsa**

2 large mangos, peeled and diced  
¼ cup chopped cilantro  
1 tbsp lime juice  
¼ tsp salt  
1 cup diced radishes

Serves 6

Toss together in bowl and serve.

## **Nutrient Value (½ cup recipe)**

Calories: 49  
Carbohydrate: 13 g  
Protein: 1 g  
Saturated Fat: 0 g  
Fiber: 2 g

Nutrition Center  
UI College of Public Health  
[www.uiowanutritioncenter.org](http://www.uiowanutritioncenter.org)