

Strawberry Mango Salsa

Ingredients

- 1 pint strawberries
- 1 large mango, preferably manila or champagne
- 1 cup pineapple small chunks
- ¾ cup chopped fresh cilantro (one small bunch)
- ¼ red onion, minced
- 1 whole jalapeno, minced (seeds removed if you prefer less heat)
- juice of 2 limes
- 1 tbsp honey

Directions

1. Chop up the strawberries and mango into very small bits.
2. Place in a bowl with the pineapple, cilantro, minced red onion and minced jalapeno.
3. Add honey and lime juice and stir well.

Tips/Techniques

This salsa is best eaten the day it is prepared, but I found the day after was better.

Yield: yields about 5 cups

Nutritional Analysis – Serves 15

Good points

- Very low in saturated fat
- No cholesterol
- Very low in sodium
- Very high in dietary fiber
- Very high in manganese
- High in magnesium
- High in niacin
- High in potassium
- High in thiamin
- Very high in vitamin A
- Very high in vitamin B6
- Very high in vitamin C

Bad point

- Very high in sugar



Nutrition Facts	
Serving Size 138 g	
Amount Per Serving	
Calories 53	Calories from Fat 6
% Daily Value*	
Total Fat 0.6g	1%
<i>Trans Fat</i> 0.0g	0%
Cholesterol 0mg	0%
Sodium 2mg	0%
Potassium 258mg	7%
Total Carbohydrates 12.1g	4%
Dietary Fiber 3.2g	13%
Sugars 8.3g	
Protein 1.4g	
Vitamin A 17%	Vitamin C 100%
Calcium 2%	Iron 4%
Nutrition Grade A-	
* Based on a 2000 calorie diet	