

Mango Salsa

From [Eileen R. Beran's Food Blog](#), May 10, 2011.

Start to finish: 10 minutes

Servings: 4

1 ripe mango, peeled, pitted, and diced
1/4 medium red onion, finely diced
1 jalapeno pepper, seeded and finely diced
3 tablespoons fresh cilantro leaves, chopped
1 tablespoon fresh lime juice
1/4 teaspoon salt

In a small bowl, combine all ingredients. Can be made several hours to one day ahead and refrigerated.

Nutrition information per serving (values are rounded to the nearest whole number): 39 calories; 2 calories from fat; 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 10 g carbohydrate; 0 g protein; 1 g fiber; 149 mg sodium.

(Recipe adapted from SimplyRecipes.com.)