

## Mango Salsa



### Makes:

8 servings, approximately 2 cups each

### Utensil:

Saladmaster Food Processor  
medium mixing bowl

**Rate** ★★★★★

### Recipe:

### Contributed By:

The Cancer Survivor's Guide  
The Cancer Project of the Physicians Committee for Responsible  
Medicine

[Write a Review](#)

### Recipe Description:

Mango adds a healthy dose of beta-carotene to this refreshing salsa. Beta-carotene is a powerful antioxidant that helps stop free radical damage. It's found in most orange-colored fruits and vegetables.

3 tablespoons  
fresh lime juice, or to taste  
(45  
mL)  
¼ cup  
fresh cilantro, minced  
(4  
g)  
¼ teaspoon  
salt, or to taste  
(1.25  
mL)

### Directions:

1. Place shredded mango in a medium mixing bowl.
2. Add remaining ingredients and stir to combine.
3. Let mixture stand for a few minutes before serving to allow flavors to develop.

### Tips:

- For Peach Salsa, substitute one large ripe peach for mango.

### [Nutritional Information per](#)

▼ [Serving](#)

**Calories:** 26

**Total Fat:** 0g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 77mg  
**Total** 7g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 5g  
**Protein:** 0g

---