

STARTER & SNACK

Mango Salsa

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.62	58 kcal

Mango Salsa might be just the Mexican recipe you are searching for. This hor d'oeuvre has 58 calories, 1g of protein, and 0g of fat per serving. This gluten free, dairy free, paleolithic, and lacto ovo vegetarian recipe serves 8 and costs 62 cents per serving. This recipe from My Recipes has 1 fans.

Ingredients

- ☐ 3 tablespoons chopped fresh cilantro
- ☐ ¼ teaspoon ground red pepper
- ☐ 1 jalapeño pepper, seeded and diced
- ☐ 2 ripe mangoes, peeled and diced
- ☐ 1 medium size red bell pepper, diced
- ☐ 2 tablespoons chopped fresh mint
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon fresh lime juice
- ☐ 1 small purple onion, chopped
- ☐ ¼ teaspoon salt

Method

- 1 Stir together all ingredients. Cover and chill at least 2 hours.

Nutrition per serving

58
KCAL

1 g
PROTEIN

0 g
FAT

15 g
CARBS

Saturated Fat	0.1 g · 0% of daily needs
Fibre	1.6 g · 6% of daily needs
Sugar	12.7 g · 14% of daily needs
Sodium	75.1 mg · 3% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	42 mg · 51% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mango-salsa-148613