

# Category:Mango Salsa

O-306-00

Sauces, Gravies and Dressings

G4G Color Code

green

Sodium Code

low

Yield

100 Portions

Each Portion

¼ cup (2 oz)

Pan Size and Number



## Ingredients

Item	Measure	Weight	Approx Issue
MANGO CHUNKS, FROZEN, THAWED, DICED INTO ½-INCH TO ¾-INCH PIECES	1 gal + 2 cups	9 lb 2 oz	
PEPPERS, RED BELL, FRESH, DICED ¼-INCH	3-⅔ cups	1 lb 3 oz	1 lb 8 oz
PEPPERS, GREEN BELL, FRESH, DICED ¼-INCH	3 cups	15-½ oz	1 lb 3 oz
ONIONS, RED, FRESH, FINELY CHOPPED, ⅛-INCH	1-½ cups	8 oz	9 oz
PINEAPPLE JUICE, CANNED	¾ cup	6-½ oz	
LIME JUICE, FRESH	½ cup	2-⅞ oz	
CILANTRO, FRESH, FINELY CHOPPED	1 cup	2-⅓ oz	3 oz
PEPPERS, JALAPENO, FRESH, MINCED, SEEDS REMOVED	2 tbsp + 2 tsp	1-⅓ oz	1-⅓ oz

## Directions

**CP: Thaw mango chunks under refrigeration at 41°F (5°C).**

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Combine mango pieces, red and green bell peppers, onions, pineapple juice, lime juice, cilantro and jalapeno peppers in a mixing bowl. Toss lightly.
3. Cover. CP: Refrigerate for service at 41°F (5°C) for 1 hour or more before serving to allow flavors to meld.

## Recipe Notes

1. Serving suggestions: Serve salsa as an accompaniment to: L-320-00/01 Blackened Salmon with Mango Salsa, L-840-00 Blackened Fish, L-322-00/01 Cajun Grilled Salmon, L-144-00 Cajun Baked Chicken Quarters, L-119-07 Cajun Cod or L-301-02 Blackened Fish Tacos with Quinoa. Mango salsa may also be served with tortilla chips or as part of a Taco Bar.
2. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## Nutrition Facts

Calories	25
Carbohydrates	6 g
Sugars*	5 g
Protein	0 g
Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Calcium	6 mg
Fiber	0.8 g