



MANGONADAS

INGREDIENTS

- 1 fresh mango, peeled & sliced
- 1 TBSP lemon or lime juice
- ½ teaspoon Tajín



DIRECTIONS

1. Peel fresh mango. Cut around core and slice into large chunks. Place in a bowl and toss with lemon or lime juice. Sprinkle with Tajín.



Mangonadas		
Nutrition Facts		
Serving Size	1 Snack Pack	
Amount Per Serving		
Calories	104	
% Daily Value*		
Total Fat	0.7 g	1 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	434.1 mg	19 %
Total Carbohydrate	26.2 g	10 %
Dietary Fiber	2.7 g	10 %
Total Sugars	23.4 g	
Added Sugars	0 g	0 %
Protein	1.4 g	
Vitamin D	0 mcg	0 %
Calcium	20.3 mg	2 %
Iron	0.3 mg	2 %
Potassium	293.8 mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		