



TROPICAL FRUIT SALSA

Serving Size: 4

Prep Time: 10 minutes

Total Cook Time: 25 minutes

INGREDIENTS

4 cups tropical fruit mix
1/3 cup red onion, diced
1/3 cup fresh cilantro, chopped
1/3 cup red bell pepper, diced
1/3 cup green bell pepper, diced
1/2 cup avocado, cubed
2 tablespoon fresh lime juice
Salt and pepper to taste

DIRECTIONS

1. Combine tropical fruit mix, bell peppers, and red onion in a bowl.
2. Add fresh cilantro, lime juice, and avocado. Mix well. Add salt and pepper to taste.
3. Store in the refrigerator until ready to serve.

a taste of the tropics

TROPICAL FRUIT SALSA

Nutrition Facts

Servings 1.0

Amount Per Serving 1/2 cup

calories 119

% Daily Value *

Total Fat 3 g 4 %

Saturated Fat 0 g 2 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 20 mg 1 %

Potassium 485 mg 14 %

Total Carbohydrate 22 g 7 %

Dietary Fiber 5 g 19 %

Sugars 15 g

Protein 2 g 4 %

Vitamin A 59 %

Vitamin C 203 %

Calcium 4 %

Iron 8 %



Pineapples have high amounts of manganese and antioxidant properties which can help the immune system and can aid in digestion. This tropical fruit is also high in many B vitamins!



Mangos possess antioxidant compounds and are high in fiber, pectin, and vitamin C which can improve LDL cholesterol. They are high in vitamin A which promotes strong eyesight as well. Vitamin C and E are also abundant in mangos.



Papayas are high in fiber, vitamin C and antioxidants which can aid in lowering cholesterol levels. Papayas can also improve digestion, protect against arthritis and prevent signs of aging.



Avocados are rich in vitamin K and folate. They are a high-fat food but they are the heart-healthy fats such as monounsaturated fatty acids. Avocados are also high in fiber!

Tropical fruit salsa is high in vitamin A and C. It helps you meet your daily fruit intake too!