



Mango Cabbage Slaw

4 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 1 ripe mango
- 2 green onions, finely chopped
- ¼ red bell pepper, finely chopped
- ¼ small red cabbage, finely shredded (½ cup)
- Juice of 1 lime
- Small handful of cilantro, finely chopped
- Pinch of salt

DIRECTIONS

1. Slice the mango around the pit and cut into the mango in a checker-board pattern. Flip the mango inside out and slice the fruit into a large bowl. Alternately, you can slide each slice of mango along the edge of a glass to remove the fruit. Then, slice into small cubes and add to bowl.
2. Add the green onion, bell pepper, and cabbage to the bowl. Gently mix.
3. Add the lime juice and cilantro and gently stir.
4. Season with a salt and let sit for 15 minutes before serving.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 282mg	6%
<small>*The % Daily Value 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.</small>	

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