



## Mango Salsa with Chickpeas

4 servings

10 minutes

### Ingredients

- 2 Mango (peeled and cubed)
- 2 cups Chickpeas (cooked)
- 2 tbsps Red Onion (finely chopped)
- 1 Red Capsicum (finely chopped)
- 1/2 cup Corriander (chopped)
- 1 Lime (juiced)

### Nutrition

Amount per serving	
Calories	248
Fat	3g
Saturated	0g
Trans	0g
Carbs	51g
Fiber	10g
Sugar	29g
Protein	9g
Cholesterol	0mg
Sodium	10mg
Potassium	614mg
Vitamin A	2912IU
Vitamin C	104mg
Calcium	65mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Riboflavin	0.1mg
Vitamin B6	0.4mg
Vitamin B12	0µg
Magnesium	62mg
Zinc	2mg
Selenium	4µg

### Directions

- 1 Combine all ingredients in a large bowl. Refrigerate until ready to serve. Enjoy!

### Notes

**Serving Size:** One serving equals approximately 1 1/2 cups of mango salsa.

**Leftovers:** Refrigerate in an airtight container for up to five days.

**More Flavor:** Add paprika, minced garlic and/or sea salt.

**Additional Toppings:** Top with green onions, chopped chicken breast, grilled tofu or roasted chickpeas.

**Serve it With:** Tacos, brown rice tortilla chips or baked plantain chips.