

Peach and Mango Salsa



Servings: 12

3 peaches, pitted and chopped
2 mangos, peeled, pitted and chopped
2 tomatoes, chopped
1 green bell pepper, seeded and chopped
1/4 red onion, chopped
2 garlic cloves, minced
1 jalapeno, seeded and diced
1 lime, juiced
salt, to taste

In a large bowl combine peaches, mangos, tomatoes, green bell pepper, red onion, garlic, jalapeno, lime juice, and salt.

Serve with chips.

Per Serving (excluding unknown items): 59 Calories; trace Fat (5.2% calories from fat); 1g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium; 12g Total Sugars; 0mcg Vitamin D; 16mg Calcium; trace Iron; 250mg Potassium; 26mg Phosphorus.
Exchanges: .