

**MANGO SALAD DRESSING**

delicious and fresh and fruity salad dressing

 5 minutes 5 minutes 6 portions**INGREDIENTS**

- 100 grams of mango, raw
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1 unit yields of lime juice, raw [44 g]
- 1/2 tsp of salt, table [3 g]
- 1 tbs of vinegar, balsamic [16 g]

COOKING METHOD

1° Mix all ingredients together in a small blender (nutribullet for example)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [32 g]	% DRI
ENERGY	173 kcal	55 kcal	3 %
FAT	14 g	5 g	7 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	616 mg	195 mg	8 %
CARBOHYDRATE	12 g	4 g	1 %
SUGARS	9 g	3 g	—
FIBER	1 g	0 g	1 %
PROTEIN	0 g	0 g	—