

Kiwi and Mango Salad



INGREDIENTS

2 KIWIS, PEELED AND CHOPPED

2 SMALL MANGOS - PEELED, SEEDED, AND DICED

1 LARGE RED BELL PEPPER, CHOPPED

1 LARGE GREEN BELL PEPPER, CHOPPED

1/2 CUP SWEET CORN

1/4 CUP FRENCH DRESSING

NUTRITION

SERVING SIZE 1/4 OF A RECIPE

SERVINGS PER RECIPE 4

Amount Per Serving: Calories 192 Calories from Fat 76

DAILY % VALUE

TOTAL FAT 8.4G	13 %
SATURATED FAT 1.4G	7%
TOTAL CARBOHYDRATES 29.9G	10 %
DIETARY FIBER 4.6G	18 %
PROTEIN 2G	4%

DIRECTIONS

STIR TOGETHER THE KIWI, MANGO, RED BELL PEPPER, GREEN BELL PEPPER, AND SWEET CORN IN A BOWL. POUR THE DRESSING OVER THE SALAD AND STIR TO COAT; SERVE IMMEDIATELY.

TOTAL PREPARATION TIME: 5-10 MINUTES