



WESTERN WISCONSIN HEALTH

MANGO AND JICAMA* SLAW **(GLUTEN FREE)**

- 1 lime, zested and juiced
- 3 T. apple cider vinegar
- 2 T. honey
- 1 red jalapeno, seeded and finely diced
- 2 semi-ripe mangos, peeled and diced small
- 1 large jicama, peeled and grated
- 1 bunch cilantro leaves, chopped
- 1 ripe pineapple, peeled and cut into 3 equal rounds
- Pinch of salt to taste

Nutrition Facts

Serving Size (342g)
Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber 12g **48%**

Sugars 24g

Protein 3g

Vitamin A 30% • Vitamin C 150%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

In a large bowl, whisk together the lime juice, zest, apple cider vinegar, honey, jalapeno, salt and pepper to taste. Add the mango, jicama and cilantro and chill 15 to 30 minutes. Cut each pineapple section in half and remove core so you have six canoe-like pieces. To serve, place pineapple canoes on a plate and top with mango-jicama mixture.

*Jicama is pronounced "Hicama" - it is a food native to Mexico.

NUTRITION FACTS: Serving size: 1 1/2 cups per serving, 6 servings