

Mango Strawberry Salad

submitted by nokia_sinhall



Per serving: 211 Calories • 52.9g Carbs (5.1g Fiber) • 1.1g Fat • 2.7g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1 fruit without refuse **Mangos** (207 grams)
- 5 medium (1-1/4" dia) **Strawberries** (60 grams)
- 3 tbsp **Orange juice** (46.7 grams)
- 2 tsp **Honey** (14.1 grams)
- 1 tbsp **Spearmint** (5.7 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Peel and dice mango. Hull strawberries and slice.
2. Dressing: mix orange juice, honey, and chopped mint leaves.
3. Toss strawberries and mango in a bowl with the dressing, chill, and serve. Enjoy!