

Mint Papaya Salsa

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 3 cups

*2 medium papayas, peeled, seeded
and diced*

1/2 cup red onion, finely diced

1/4 cup fresh mint leaves, chopped

2 teaspoons lime juice

1/4 teaspoon salt

sprinkle pepper

In a medium bowl, combine the papayas, red onion, mint, lime juice, salt and pepper.

Cover. Chill for at least two hours to blend the flavors.

Per Serving (excluding unknown items): 280 Calories; 1g Fat (2.9% calories from fat); 5g Protein; 69g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 560mg Sodium. Exchanges: 1 1/2 Vegetable; 3 1/2 Fruit.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	280
% Calories from Fat:	2.9%
% Calories from Carbohydrates:	90.2%
% Calories from Protein:	7.0%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	69g
Dietary Fiber (g):	14g
Protein (g):	5g
Sodium (mg):	560mg
Potassium (mg):	1803mg
Calcium (mg):	211mg
Iron (mg):	3mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	271mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	3 1/2
Non-Fat Milk:	0
Fat:	0

Zinc (mg): 1mg
Vitamin C (mg): 387mg
Vitamin A (i.u.): 2646IU
Vitamin A (r.e.): 262RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	280	Calories from Fat: 8
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	560mg	23%
Total Carbohydrates	69g	23%
Dietary Fiber	14g	55%
Protein	5g	

Vitamin A	53%
Vitamin C	645%
Calcium	21%
Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.