



RED BEANS, TOMATOES AND MANGO SALAD

🕒 20 minutes

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🍴 6 portions

INGREDIENTS

- 3 cups of beans, kidney, red, mature seeds, raw (552 g)
- 2 cups of beans, kidney, red, mature seeds, canned, solids and liquids (512 g)
- 2 whole large units (3" dia) of tomatoes, red, ripe, raw, year round average (364 g)
- 4 tbsps chopped of onions, raw (40 g)
- 10 grams of mint, fresh
- 1 medium unit (approx 2-3/4" long, 2-1/2 dia.) of peppers, sweet, red, raw (119 g)
- 1 unit without refuse of mangos, raw (336 g)
- 6 portions of mango salad dressing (190 g)

COOKING METHOD

- 1° prepare the mango dressing and reserve
- 2° Chop the onion very fine [if possible use red onions] Open Red beans can and drain Slice the tomatos.
- 3° Peel and cut the mango in small cubes
- 4° Mix all ingredients together, season at taste add the dressing, mix well and reserve in the fridge
- 5° Chop the mint and add to the salad right before serving
- 6° Can be prepared the day before for convenience

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (354 g)	% DRI
ENERGY	138 kcal	487 kcal	24 %
FAT	2 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	121 mg	430 mg	18 %
CARBOHYDRATE	24 g	86 g	29 %
SUGARS	5 g	17 g	—
FIBER	6 g	20 g	81 %
PROTEIN	8 g	27 g	—