



## Tropical Pico de Gallo



1/8th of recipe (about 1/4 cup): 25 calories, 0g total fat (0g sat fat), 108mg sodium, 5.5g carbs, 1g fiber, 2g sugars, 1g protein

**Green Plan [SmartPoints](#)® value 0\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

**Prep:** 15 minutes



More: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

1/2 cup chopped mango  
1/2 cup canned black beans, drained and rinsed  
1/3 cup seeded and chopped tomatoes  
1/4 cup finely chopped red onion  
1/4 cup finely chopped red bell pepper  
1 tbsp. seeded and chopped jalapeño pepper  
1 tbsp. chopped cilantro  
2 tsp. lime juice  
1/4 tsp. salt  
1/8 tsp. black pepper  
1/8 tsp. ground cumin

### Directions

In a medium-large sealable container, combine all ingredients.

Mix until uniform.

Seal, and refrigerate until ready to use.

**MAKES 8 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.