

Mango & Ponzu Dip

Total time **5 mins 5 mins** preparation time

Nutritional facts (per portion):

569 kJ / 135 kcal

INGREDIENTS

1 portion(s)

100 g 60 ml mango (canned)

Kikkoman Ponzu Citrus

Seasoned Soy Sauce -

<u>Lemon</u>

Freshly ground pepper

Fat: **0.4 g** Protein: **2.6 g** Carbohydrates: **26.2 g**

PREPARATION

Step 1

Drain the mango, cut it into small pieces and puree with a blending stick. Add the Ponzu Sauce, stir, season with pepper and serve the Mango & Ponzu dip.