

Mango & Ponzu Dip

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

Nutritional facts (per portion):
569 kJ / 135 kcal

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

INGREDIENTS

1 portion(s)

100 g mango (canned)
60 ml Kikkoman Ponzu Citrus
Seasoned Soy Sauce -
Lemon
Freshly ground pepper

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.