

Recipe

Avocado Salad



Ingredients

- Two avocados - peeled, pitted and diced
- One sweet onion, chopped
- One green bell pepper, chopped
- One large ripe tomato, chopped
- One fourth cup chopped fresh cilantro
- Half of one lime, juiced
- Salt and pepper to taste
- In a medium bowl, combine avocados onion bell pepper, tomato, cilantro and lime juice. Gently toss until evenly coated. Season with salt and pepper.

Nutrition Facts

Serving Size: 1 cup (158g)

Amount Per Serving

Calories 105 Calories from Fat 64

% Daily Value*

Total Fat 7.2g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 207mg 9%

Potassium 414mg 12%

Total Carbohydrates 11g 4%

Dietary Fiber 4.5g 18%

Sugars 4.3g

Protein 1.8g

Vitamin A 9%

Vitamin C 48%

Calcium 3%

Iron 4%

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