

# Chunky Mango Guacamole

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## Yield: 4 cups

3 medium ripe avocados, peeled and chopped  
1 large mango, peeled and chopped  
1 large tomato, chopped  
1 small red onion, chopped  
1/4 cup chopped fresh cilantro  
3 tablespoons lime juice  
1 teaspoon salt  
assorted fresh vegetables (for dipping)  
tortilla chips

In a large bowl, combine the avocados, mango, tomatoes, onion and cilantro. Stir in the lime juice and salt.

Serve with vegetables and chips.

Start to Finish Time: 15 minutes

## KEEPING YOUR GUACAMOLE GREEN!

1. In an airtight container, use a spoon to flatten the surface of your guacamole and remove any air pockets.
2. Gently pour in about one-half inch of water to cover the guacamole.
3. Refrigerate, covered, for up to two days.
4. To serve, carefully pour off the water and stir the guacamole.

Per Serving (excluding unknown items): 235 Calories; 1g Fat (4.2% calories from fat); 4g Protein; 59g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 2154mg Sodium. Exchanges: 3 1/2 Vegetable; 2 1/2 Fruit.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	235	Vitamin B6 (mg):	.6mg
% Calories from Fat:	4.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.4%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	84mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	59g	<b>Food Exchanges</b>	
Dietary Fiber (g):	9g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	2154mg	Vegetable:	3 1/2

**Potassium (mg):** 919mg  
**Calcium (mg):** 80mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 106mg  
**Vitamin A (i.u.):** 9091IU  
**Vitamin A (r.e.):** 908RE

**Fruit:** 2 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 235 Calories from Fat: 10

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#### % Daily Values\*

<b>Total Fat</b>	1g		2%
	Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	2154mg		90%
<b>Total Carbohydrates</b>	59g		20%
	Dietary Fiber	9g	37%
<b>Protein</b>	4g		
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<b>Vitamin A</b>			182%
<b>Vitamin C</b>			177%
<b>Calcium</b>			8%
<b>Iron</b>			7%

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