

Tropical Fruit Guacamole

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2 avocados
1/4 cup diced mango
1/4 cup diced peach
1/4 cup diced papaya
1 tablespoon red onion, minced
2 tablespoons fresh lime juice
salt (to taste)
cayenne pepper (to taste)

In a bowl, coarsely mash the avocados.

Fold in the mango, peach, papaya, onion and lime juice.

Season with salt and pepper to taste.

Per Serving (excluding unknown items): 659 Calories; 62g Fat (77.0% calories from fat); 8g Protein; 33g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 0 Vegetable; 2 Fruit; 12 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	659
% Calories from Fat:	77.0%
% Calories from Carbohydrates:	18.5%
% Calories from Protein:	4.5%
Total Fat (g):	62g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	39g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	0mg
Carbohydrate (g):	33g
Dietary Fiber (g):	10g
Protein (g):	8g
Sodium (mg):	41mg
Potassium (mg):	2457mg
Calcium (mg):	49mg
Iron (mg):	4mg

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	253mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	2
Non-Fat Milk:	0
Fat:	12

Zinc (mg): 2mg
Vitamin C (mg): 41mg
Vitamin A (i.u.): 2463IU
Vitamin A (r.e.): 245 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 659 Calories from Fat: 507

% Daily Values*

Total Fat 62g	95%
Saturated Fat 10g	49%
Cholesterol 0mg	0%
Sodium 41mg	2%
Total Carbohydrates 33g	11%
Dietary Fiber 10g	41%
Protein 8g	
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Vitamin A	49%
Vitamin C	69%
Calcium	5%
Iron	23%

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