

Simple Tomato and Avocado Salad

Ingredients:

2 medium tomatoes, diced
1 avocado, chopped
1/4 cup red onion, diced
1 tablespoon olive oil
1 teaspoon lemon juice

Directions:

1. Combine all ingredients in a small bowl and toss together.
2. Let stand 5 minutes before serving.

Nutrition Facts	
Serving Size (126g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 2g	
Vitamin A 2%	• Vitamin C 25%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: Food.com

