

AVOCADO MANGO RELISH

INGREDIENTS:

- 1 avocado, diced
- 1 cup mango, diced
- 1/2 cup red onion, minced
- 1 small cucumber, finely diced
- 2 tablespoons rice wine vinegar
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1/4 cup fresh cilantro, chopped
- 1 garlic clove, minced

DIRECTIONS:

1. Combine all ingredients in a bowl.
2. Season with salt and pepper to taste.

Nutrition Facts

Serving Size (93g)

Servings Per Container 8

Amount Per Serving

Calories 90 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A 6% • **Vitamin C 20%**

Calcium 2% • **Iron 2%**

*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

