



Strawberry Mango Guacamole



Recipe from *Ob She Glows*

Ingredients



- 2 medium avocados, pitted and chopped
 - 1/2 cup chopped onion
 - 1 1/2 cups finely chopped strawberries
 - 1 mango finely chopped (peeled and pitted)
 - 1/2 cup cilantro chopped (optional)
 - 1-2 Tbsp. lime juice
 - Salt to taste
- Yield: 6 servings
Serving Size: 1/2 Cup



Directions



1. In a medium bowl gently mash the avocado leaving some chunks for texture.
2. Fold in mango, strawberries, onion, and cilantro (if using).
3. Season with lime juice and salt to taste.
4. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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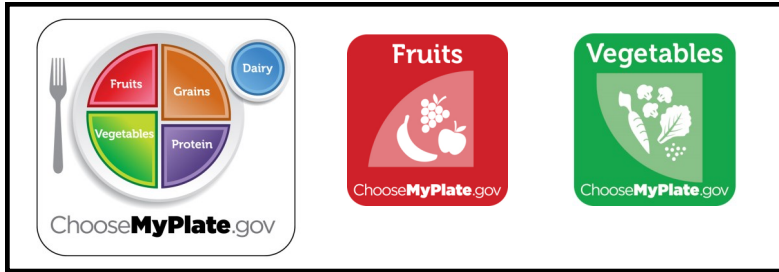
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Fast Facts

Featured Food Groups



Cooking Tips

- Enjoy with your favorite tortilla chip, or veggie dippers
- Use as a spread instead of mayonnaise on your next sandwich

Second Harvest is an equal opportunity provider.



Nutrition Facts



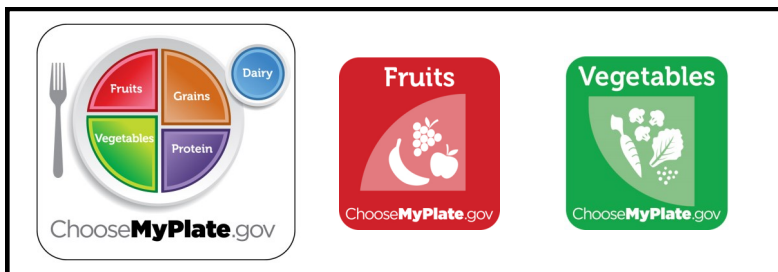
Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 396mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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