

Spicy Avocado Cucumber Cups

50 Colorful Snacks
Food Network Magazine

1 English cucumber
1 small avocado
1 tablespoon lime juice
1 tablespoon cilantro, chopped
1 1/2 teaspoons green hot sauce
1 teaspoon Kosher salt
sliced scallions (for garnish)
chopped cilantro (for garnish)

Trim the ends of the cucumber. Cut crosswise into twelve one-inch pieces. With a spoon, hollow out each piece about halfway to make a cup.

In a food processor, puree the scooped out cucumber flesh with the avocado, lime juice, cilantro, hot sauce and Kosher salt.

Spoon the mixture into the cups.

Top with scallions and cilantro.

Per Serving (excluding unknown items): 373 Calories; 31g Fat (67.4% calories from fat); 8g Protein; 25g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1904mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 6 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	373	Vitamin B6 (mg):	.6mg
% Calories from Fat:	67.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	24.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	31g	Folacin (mcg):	126mcg
Saturated Fat (g):	5g	Niacin (mg):	4mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0%
Carbohydrate (g):	25g		
Dietary Fiber (g):	9g	Food Exchanges	
	8g	Grain (Starch):	0

Protein (g):
Sodium (mg): 1904mg
Potassium (mg): 1301mg
Calcium (mg): 46mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 50mg
Vitamin A (i.u.): 2380IU
Vitamin A (r.e.): 157 1/2RE

Lean Meat:
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 6
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 373 **Calories from Fat:** 251

% Daily Values*

Total Fat 31g	48%
Saturated Fat 5g	24%
Cholesterol 0mg	0%
Sodium 1904mg	79%
Total Carbohydrates 25g	8%
Dietary Fiber 9g	37%
Protein 8g	
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Vitamin A	48%
Vitamin C	83%
Calcium	5%
Iron	16%

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