

Avocado-Jicama Dip

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Yield: 4 cups

1 medium (2 cups) jicama, diced small
3 avocados, diced small
4 scallions, thinly sliced
1/4 cup lime juice, from two limes
salt
pepper

In a bowl, mix the jicama, avocados, scallions and lime juice.

Season with salt and pepper.

To store: squeeze half of a lime over the top, press plastic wrap against the surface of the dip. Refrigerate up to four hours.

Serve with tortilla chips.

Per Serving (excluding unknown items): 1257 Calories; 93g Fat (61.6% calories from fat); 18g Protein; 113g Carbohydrate; 49g Dietary Fiber; 0mg Cholesterol; 97mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Vegetable; 3 Fruit; 18 Fat.

Appetizer

Per Serving Nutritional Analysis

Calories (kcal):	1257	Vitamin B6 (mg):	2.0mg
% Calories from Fat:	61.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	33.1%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	93g	Folacin (mcg):	423mcg
Saturated Fat (g):	15g	Niacin (mg):	13mg
Monounsaturated Fat (g):	58g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	113g	Food Exchanges	
Dietary Fiber (g):	49g	Grain (Starch):	3 1/2
Protein (g):	18g	Lean Meat:	0
Sodium (mg):	97mg	Vegetable:	1
Potassium (mg):	4833mg	Fruit:	3

Calcium (mg): 194mg
Iron (mg): 11mg
Zinc (mg): 4mg
Vitamin C (mg): 83mg
Vitamin A (i.u.): 4066IU
Vitamin A (r.e.): 411 1/2RE

Non-Fat Milk: 0
Fat: 18
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1257 **Calories from Fat:** 774

% Daily Values*

Total Fat 93g	143%
Saturated Fat 15g	74%
Cholesterol 0mg	0%
Sodium 97mg	4%
Total Carbohydrates 113g	38%
Dietary Fiber 49g	197%
Protein 18g	
Vitamin A	81%
Vitamin C	139%
Calcium	19%
Iron	61%

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