

Crab-Mango Guacamole

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3 avocados
1/4 cup white onion, diced
1/2 cup plum tomato, diced
1/2 cup mango, diced
4 ounces lump crabmeat
1/2 cup cilantro, chopped
1 jalapeno, seeded and diced
lime juice (to taste)
salt (to taste)

In a bowl, mash the avocados.

Stir in the white onion, plum tomato, mango, crabmeat, cilantro and jalapeno.

Add the lime juice and salt to taste.

Per Serving (excluding unknown items): 1202 Calories; 95g Fat (65.6% calories from fat); 37g Protein; 75g Carbohydrate; 21g Dietary Fiber; 88mg Cholesterol; 434mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fruit; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1202	Vitamin B6 (mg):	2.1mg
% Calories from Fat:	65.6%	Vitamin B12 (mcg):	10.2mcg
% Calories from Carbohydrates:	22.9%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	11.5%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	95g	Folacin (mcg):	463mcg
Saturated Fat (g):	15g	Niacin (mg):	17mg
Monounsaturated Fat (g):	58g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	88mg	% Refused:	0.0%
Carbohydrate (g):	75g		
Dietary Fiber (g):	21g	Food Exchanges	
Protein (g):	37g	Grain (Starch):	1/2
Sodium (mg):	434mg	Lean Meat:	3
Potassium (mg):	5055mg	Vegetable:	1 1/2
Calcium (mg):	370mg	Fruit:	3 1/2
Iron (mg):	14mg	Non-Fat Milk:	0
		Fat:	18

Zinc (mg): 7mg
Vitamin C (mg): 182mg
Vitamin A (i.u.): 10297IU
Vitamin A (r.e.): 1029 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1202 Calories from Fat: 789

% Daily Values*

Total Fat 95g	146%
Saturated Fat 15g	75%
Cholesterol 88mg	29%
Sodium 434mg	18%
Total Carbohydrates 75g	25%
Dietary Fiber 21g	82%
Protein 37g	
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Vitamin A	206%
Vitamin C	303%
Calcium	37%
Iron	76%

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