

# Avocado Salsa II

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

2 ripe Roma tomatoes, chopped  
1 small red onion, finely chopped  
1 large avocado, finely diced  
3 tablespoons lime juice  
2 tablespoons fresh chervil leaves  
1 teaspoon caster sugar  
salt (to taste)  
pepper (to taste)

In a bowl, combine the tomatoes, onion,  
avocado, lime juice, chervil leaves and sugar.

Season with salt and pepper.

Toss gently to combine.

Per Serving (excluding unknown  
items): 397 Calories; 31g Fat  
(64.3% calories from fat); 6g  
Protein; 33g Carbohydrate; 8g  
Dietary Fiber; 0mg Cholesterol;  
25mg Sodium. Exchanges: 2 1/2  
Vegetable; 1 Fruit; 6 Fat.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	397
% Calories from Fat:	64.3%
% Calories from Carbohydrates:	30.2%
% Calories from Protein:	5.5%
Total Fat (g):	31g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	19g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	33g
Dietary Fiber (g):	8g
Protein (g):	6g
Sodium (mg):	25mg
Potassium (mg):	1505mg
Calcium (mg):	58mg
Iron (mg):	2mg

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	159mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	1
Non-Fat Milk:	0
Fat:	6

Zinc (mg): 1mg  
Vitamin C (mg): 40mg  
Vitamin A (i.u.): 1235IU  
Vitamin A (r.e.): 123RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	397	Calories from Fat: 255
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### % Daily Values\*

<b>Total Fat</b>	31g	48%
Saturated Fat	5g	25%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	25mg	1%
<b>Total Carbohydrates</b>	33g	11%
Dietary Fiber	8g	32%
<b>Protein</b>	6g	

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<b>Vitamin A</b>	25%
<b>Vitamin C</b>	66%
<b>Calcium</b>	6%
<b>Iron</b>	13%

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