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# Avocado-Mango Salsa

*The Essential Southern Living Cookbook*

Start to Finish Time: 10 minutes

**1 large avocado, cubed**

**1 cup diced fresh mango**

**1/3 cup diced red onion**

**2 tablespoons chopped fresh cilantro**

**2 tablespoons fresh lime juice**

In a medium bowl, stir all of the ingredients together. Mix well.

Yield: 2 cups

## Salsa

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*Per Serving (excluding unknown items): 352 Calories; 31g Fat (72.0% calories from fat); 5g Protein; 22g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 1 Vegetable; 1 Fruit; 6 Fat.*