

Strawberry Salsa

Publix Family Style Magazine - Feb/Mar 2013

Servings: 10

4 cups strawberries, coarsely chopped
2 medium avocados, halved, seeded,
peeled and chopped
1 cup cucumber, seeded and coarsely
chopped
1/4 cup honey
2 teaspoons lime zest, finely shredded
1/4 cup lime juice
2 to 3 fresh jalapeno peppers, seeded
and finely chopped
1/2 teaspoon cracked black pepper
10 ounces whole grain tortilla chips

Preparation Time: 10 minutes

Chill: 1 hour

In a large bowl, combine the strawberries,
avocados, cucumber, honey, lime zest, lime
juice, jalapeno peppers and black pepper.

Cover and chill for one hour.

Serve with tortilla chips, if desired.

Per Serving (excluding unknown
items): 112 Calories; 6g Fat (46.8%
calories from fat); 1g Protein; 15g
Carbohydrate; 3g Dietary Fiber;
0mg Cholesterol; 5mg Sodium.
Exchanges: 0 Grain(Starch); 0
Vegetable; 1/2 Fruit; 1 Fat; 1/2
Other Carbohydrates.

Salsa

Per Serving Nutritional Analysis

Calories (kcal):	112
% Calories from Fat:	46.8%
% Calories from Carbohydrates:	49.1%
% Calories from Protein:	4.2%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	15g
Dietary Fiber (g):	3g
Protein (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	37mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 5mg
Potassium (mg): 367mg
Calcium (mg): 16mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 40mg
Vitamin A (i.u.): 285IU
Vitamin A (r.e.): 28 1/2RE

Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 112 Calories from Fat: 52

% Daily Values*

Total Fat	6g	10%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	3g	10%
Protein	1g	

Vitamin A	6%
Vitamin C	66%
Calcium	2%
Iron	4%

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