

# A great salad for Memorial Day

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/memorial-day-parfait-recipe>

## Ingredients:

- 1 lime
- 3 tablespoons vegetable oil
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1 clove garlic crushed
- 1/4 teaspoon ground black pepper
- 1 pint grape tomatoes cut in halves
- 1 avocado ripe, roughly chopped
- 2 ears sweet corn fresh
- 2 tablespoons fresh cilantro chopped

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 15 grams
3. Fat: 18 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 300 milligrams
8. Sugar: 8 grams

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