

Mexican Avocado Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-avocado-salad-recipe>

Ingredients:

- 4 avocados large, ripe fresh, roughly chopped
- 1/2 cup red onion very thinly sliced
- 1 beefsteak tomato seeded and chopped
- 1/8 cup chopped cilantro
- 1 tablespoon extra virgin olive oil
- 2 limes zest and juiced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 27 grams
3. Fat: 34 grams
4. Fiber: 16 grams
5. Protein: 5 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 310 milligrams
8. Sugar: 5 grams

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