



May 1- Avocado Boat

Not Smart Snack

Link: <http://greatist.com/health/high-fiber-snacks>

Recipe

Ingredients:

1 avocado

¼ cup salsa

2 Tablespoons shredded cheese

Directions:

1. Cut avocado in half and remove the pit.
2. Fill the hole with salsa and shredded cheese.

Yield 2 servings

Nutrition Facts

Serving Size 1/2 avocado (105.9g)
Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat** 110

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3g **15%**

Trans Fat

Cholesterol 5mg **2%**

Sodium 270mg **11%**

Total Carbohydrate 8g **3%**

Dietary Fiber 5g **20%**

Sugars 1g

Protein 4g **7%**

Vitamin A 6% • Vitamin C 10%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.