

# Avocado

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Avocado (rips, soft)

## DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Iron	1mg
Fat	15g	Vitamin D	0IU
Carbs	9g	Folate	81µg
Fiber	7g	Magnesium	29mg
Protein	2g	Zinc	1mg
Vitamin C	10mg		

## NOTES

RECIPE ID 203