

METABOLIC NUTRITION PROGRAM

Avocado Ginger Salsa

Adapted from Cynthia Sass, MPH, RD

Servings Per Recipe: 3

Serving Size: 1 cup

Per Serving: 160 Calories, 2.3 gm Protein, 10 gm Fat,
22 gm Carbohydrates

1 avocado

2 oranges

¼ cup onion, finely chopped

¼ cup radishes, chopped

1 Tablespoon fresh ginger, grated

¼ teaspoon salt

Directions

1. Rinse avocado. Cut in half, remove pit, and peel. Cut into cubes and place into a medium bowl.
2. Peel and section oranges over avocado so juice drips into bowl. Cut orange sections into bite-sized pieces.
3. Add radishes, ginger, and salt, and toss gently. Cover and chill until ready to serve.

Nutrition Facts

Serving Size 1 cup (195g)

Servings Per Container 3

Amount Per Serving

Calories 160 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 22g **7%**

Dietary Fiber 10g **40%**

Sugars 11g

Protein 2g

Vitamin A 4% • Vitamin C 100%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4