

Recipe

Avocado & Tomato Salad

2 Servings

Ingredients

1 /2 fruit avocado, ripe
1 medium whole tomato, sliced
(6.6cm dia)
8 slices cucumber, raw
2 tbsp balsamic vinaigrette salad dressing
2 tbsp goat cheese, soft

Directions

1. Prepare avocado & vegetables.
2. Add Balsamic dressing and toss.
3. Let marinade in dressing for at least 20 min.
4. Top with goat cheese before serving.

NUTRITION FACTS - PER 1 SERVING	
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CALORIES (kCal)	165
FAT (g)	14.02
SATURATED FAT (g)	2.992
TRANS FAT (g)	0
CHOLESTEROL (mg)	4
SODIUM (mg)	218
CARBOHYDRATE (g)	9.3
FIBRE (g)	4.3
PROTEIN (g)	3.49
VITAMIN A (µg)	54
VITAMIN C (mg)	13.6
CALCIUM (mg)	29
IRON (mg)	0.71