

# Papaya-Avocado Salad

Recipe created by Della Femina Rothschild Jeary & Partners

Crunchy jicama and walnuts pair with creamy papaya and avocado for an unusual salad.

## Cooking Information

Serves: 4

Total Time: 10 min

### Ingredients

### Magnesium per ingredient\*

* 1 medium papaya, diced	<b>30 mg</b>
* 1 medium avocado, diced	<b>7 mg</b>
* 3/4 cup(s) diced jicama	-----
* 2 tablespoon(s) chopped toasted walnuts	<b>45 mg</b>
* 2 tablespoon(s) low-fat raspberry vinaigrette	-----
* Freshly ground pepper, to taste	<b>2 mg</b>

### Directions

1. Toss papaya, avocado, jicama, walnuts, raspberry vinaigrette and pepper (it using) in a medium bowl.

**One serving of this recipe contains approximately 21 mg of magnesium\* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.**

**\*This is only an approximation of magnesium intake.**