

Bacon Guacamole

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4 avocados
8 slices cooked bacon, chopped
1/4 cup red onion, chopped
1/4 cup pickled jalapenos
splash jalapeno brine
juice of one lime
salt

In a bowl, mash the avocados, bacon, onion, jalapenos, brine and lime juice.

Season with salt.

Per Serving (excluding unknown items): 1621 Calories; 150g Fat (77.8% calories from fat); 32g Protein; 64g Carbohydrate; 21g Dietary Fiber; 43mg Cholesterol; 1370mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 3 Fruit; 28 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1621	Vitamin B6 (mg):	2.4mg
% Calories from Fat:	77.8%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	14.8%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	7.3%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	150g	Folacin (mcg):	508mcg
Saturated Fat (g):	28g	Niacin (mg):	19mg
Monounsaturated Fat (g):	89g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	19g	Alcohol (kcal):	0
Cholesterol (mg):	43mg	% Refuse:	0%
Carbohydrate (g):	64g	Food Exchanges	
Dietary Fiber (g):	21g	Grain (Starch):	0
Protein (g):	32g	Lean Meat:	2
Sodium (mg):	1370mg	Vegetable:	1/2
Potassium (mg):	5125mg	Fruit:	3
Calcium (mg):	102mg	Non-Fat Milk:	0
Iron (mg):	9mg	Fat:	28
Zinc (mg):	5mg	Other Carbohydrates:	0
Vitamin C (mg):	83mg		

Vitamin A (i.u.): 4920IU
Vitamin A (r.e.): 490 1/2RE

Nutrition Facts

Amount Per Serving

Calories 1621 Calories from Fat: 1262

% Daily Values*

Total Fat 150g	230%
Saturated Fat 28g	142%
Cholesterol 43mg	14%
Sodium 1370mg	57%
Total Carbohydrates 64g	21%
Dietary Fiber 21g	83%
Protein 32g	
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Vitamin A	98%
Vitamin C	138%
Calcium	10%
Iron	50%

* Percent Daily Values are based on a 2000 calorie diet.