

# Blue Cheese Guacamole

Roberto Santibanez - "Truly Mexican"  
TheAmazingAvocado.com

## Servings: 4

*2 tablespoons white onion, finely chopped*  
*1 tablespoon fresh jalapeno OR serrano chile pepper (including seeds), or more to taste*  
*1 teaspoon Kosher salt OR 1/2 teaspoon fine salt*  
*1/4 cup cilantro, chopped and divided*  
*1 tablespoon freshly squeezed lime juice*  
*1 large or 2 small Haas avocados, halved and pitted*  
*1/4 cup smoked almonds, chopped and divided*  
*3 tablespoons crumbled blue cheese, divided*

Mash the onion, chile, salt and half of the cilantro to a paste in a molcajete or mortar (the coarseness of the Kosher salt will help you make the paste). You can also mince and mash the ingredients together on a cutting board with a large knife or fork. Transfer the paste to a bowl.

Stit in the lime juice. Score the flesh in the avocado halves in a crosshatch pattern (not through the skin) with a knife and then scoop it with a spoon into the mortar or bowl.knife

Add the rest of the cilantro and most of the almonds and blue cheese. Toss well and mash coarsely with a pestle or fork.

Season to taste with additional lime juice and salt.

Garnish with the rest of the almonds and blue cheese. This guacamole is best served right away.

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Per Serving (excluding unknown items): 29 Calories; 2g Fat (56.4% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 92mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	29	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	56.4%	<b>Vitamin B12 (mcg):</b>	.1mcg

**% Calories from Carbohydrates:** 19.8%  
**% Calories from Protein:** 23.7%  
**Total Fat (g):** 2g  
**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 5mg  
**Carbohydrate (g):** 2g  
**Dietary Fiber (g):** trace  
**Protein (g):** 2g  
**Sodium (mg):** 92mg  
**Potassium (mg):** 105mg  
**Calcium (mg):** 57mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 11mg  
**Vitamin A (i.u.):** 394IU  
**Vitamin A (r.e.):** 48 1/2RE

**Thiamin B1 (mg):** trace  
**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 3mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 29 **Calories from Fat:** 17

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#### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	1g	6%
<b>Cholesterol</b>	5mg	2%
<b>Sodium</b>	92mg	4%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	2g	
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<b>Vitamin A</b>		8%
<b>Vitamin C</b>		18%
<b>Calcium</b>		6%
<b>Iron</b>		4%

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