

# Chicken and Guacamole Squares (sandwiches)

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

## Yield: 32 squares

2 avocados  
1 tablespoon mayonnaise  
1 teaspoon chopped chili  
1 tablespoon lemon juice  
1 small tomato, chopped  
1/2 red onion, finely chopped  
16 slices wholemeal bread  
8 ounces sliced smoked chicken breast  
trimmed snow pea sprouts

In a bowl, mash the avocados with the mayonnaise, chili, lemon juice, tomato and red onion.

Spread over eight slices of the bread. Top with the chicken breast. Add the snow pea sprouts.

Sandwich with more bread. Remove the crusts. Cut into squares.

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Per Serving (excluding unknown items): 806 Calories; 74g Fat (75.6% calories from fat); 10g Protein; 44g Carbohydrate; 13g Dietary Fiber; 5mg Cholesterol; 132mg Sodium. Exchanges: 2 1/2 Vegetable; 1 1/2 Fruit; 13 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	806	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	75.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	19.8%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	74g	Folacin (mcg):	285mcg
Saturated Fat (g):	11g	Niacin (mg):	9mg
Monounsaturated Fat (g):	42g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	14g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refused:	0.0%
Carbohydrate (g):	44g		
Dietary Fiber (g):	13g	<b>Food Exchanges</b>	
	10g	Grain (Starch):	0

**Protein (g):**  
**Sodium (mg):** 132mg  
**Potassium (mg):** 2830mg  
**Calcium (mg):** 70mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 67mg  
**Vitamin A (i.u.):** 3268IU  
**Vitamin A (r.e.):** 329 1/2RE

**Lean Meat:**  
**Vegetable:** 2 1/2  
**Fruit:** 1 1/2  
**Non-Fat Milk:** 0  
**Fat:** 13  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 806 Calories from Fat: 609

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### % Daily Values\*

<b>Total Fat</b>	74g		114%
	Saturated Fat	11g	57%
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	132mg		5%
<b>Total Carbohydrates</b>	44g		15%
	Dietary Fiber	13g	52%
<b>Protein</b>	10g		
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<b>Vitamin A</b>			65%
<b>Vitamin C</b>			112%
<b>Calcium</b>			7%
<b>Iron</b>			27%

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