

# Four-Alarm Guacamole

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3 avocados  
1/4 cup white onion, diced  
1/2 cup plum tomato, diced  
1/2 cup cilantro, chopped  
1 jalapeno, diced (not seeded)  
1 serrano chile pepper, chopped  
1/2 habanero chile pepper, chopped  
1/4 cup chopped pickled jalapeno peppers  
splash jalapeno brine  
lime juice (to taste)  
salt (to taste)

In a bowl, mash the avocados.

Stir in the white onion, plum tomato, cilantro, jalapeno, serrano, habanero, pickled jalapeno and jalapeno brine.

Add the lime juice and salt to taste.

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Per Serving (excluding unknown items): 1049 Calories; 93g Fat (73.2% calories from fat); 16g Protein; 60g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1049
% Calories from Fat:	73.2%
% Calories from Carbohydrates:	21.1%
% Calories from Protein:	5.7%
Total Fat (g):	93g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	58g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	0mg
Carbohydrate (g):	60g
Dietary Fiber (g):	19g
Protein (g):	16g
Sodium (mg):	100mg

Vitamin B6 (mg):	1.9mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	401mcg
Niacin (mg):	14mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1 1/2

**Potassium (mg):** 4553mg  
**Calcium (mg):** 260mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 156mg  
**Vitamin A (i.u.):** 7078IU  
**Vitamin A (r.e.):** 706 1/2RE

**Fruit:** 2 1/2  
**Non-Fat Milk:** 0  
**Fat:** 18  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1049 Calories from Fat: 768

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### % Daily Values\*

<b>Total Fat</b>	93g		144%
	Saturated Fat	15g	74%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	100mg		4%
<b>Total Carbohydrates</b>	60g		20%
	Dietary Fiber	19g	74%
<b>Protein</b>	16g		
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<b>Vitamin A</b>			142%
<b>Vitamin C</b>			259%
<b>Calcium</b>			26%
<b>Iron</b>			71%

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