

# Granny Smith Guacamole

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## Servings: 6

*3 ripe avocados, halved and pitted*  
*1/2 cup Vidalia onion, finely chopped*  
*1/2 cup fresh cilantro, chopped*  
*juice of one lime*  
*hot pepper sauce (to taste)*  
*1 Granny Smith apple, finely chopped*  
*salt (to taste)*  
*tortilla chips*

Scoop the avocado flesh into a bowl. Reserve the skin.

Add the onion, cilantro, lime juice and hot sauce. Mash with a fork to the desired consistency.

Fold in the chopped apple. Season with salt to taste.

Divide the guacamole into each avocado half.

Serve with tortilla chips.

Start to Finish Time: 10 minutes

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Per Serving (excluding unknown items): 16 Calories; trace Fat (2.2% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	16	Vitamin B6 (mg):	trace
% Calories from Fat:	2.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	4g		

## Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** trace  
**Sodium (mg):** 2mg  
**Potassium (mg):** 56mg  
**Calcium (mg):** 5mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 97IU  
**Vitamin A (r.e.):** 9 1/2RE

**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: 6

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### Amount Per Serving

**Calories** 16 Calories from Fat: 0

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#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2mg	0%
<b>Total Carbohydrates</b>	4g	1%
	Dietary Fiber 1g	3%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	4%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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