

Guacamole Dip

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 2 cups

*1/2 cup Miracle Whip®
1 large ripe avocado, peeled and
mashed
1 tomato, seeded and chopped
2 tablespoons onion, chopped
2 tablespoons chopped green chilies
1 teaspoon lemon or lime juice*

Preparation Time: 15 minutes

In a bowl, mix together the Miracle Whip, avocado, tomato, onion, chilies and lemon juice until well blended.

Chill.

Serve with tortilla chips.

Per Serving (excluding unknown items): 594 Calories; 56g Fat (83.8% calories from fat); 1g Protein; 23g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 772mg Sodium. Exchanges: 1 1/2 Vegetable; 11 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	594
% Calories from Fat:	83.8%
% Calories from Carbohydrates:	15.4%
% Calories from Protein:	0.8%
Total Fat (g):	56g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	40mg
Carbohydrate (g):	23g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	772mg
Potassium (mg):	304mg
Calcium (mg):	10mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	22mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 25mg
Vitamin A (i.u.): 766IU
Vitamin A (r.e.): 76 1/2RE

Fat: 11
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 594 **Calories from Fat:** 497

% Daily Values*

Total Fat	56g	87%
Saturated Fat	8g	40%
Cholesterol	40mg	13%
Sodium	772mg	32%
Total Carbohydrates	23g	8%
Dietary Fiber	2g	7%
Protein	1g	
<hr/>		
Vitamin A		15%
Vitamin C		41%
Calcium		1%
Iron		3%

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