

Avocado Bread Spread

Publix Family Style Magazine
February/March 2015

Yield: 3/4 cup

2 medium ripe avocados, peeled,
pitted and mashed
2 tablespoons butter, softened
1 teaspoon lemon juice
2 cloves garlic, minced
1/4 teaspoon salt
1/8 teaspoon ground black pepper

In a small bowl, stir together the avocados,
butter, lemon juice, garlic, salt and pepper.

Cover and chill up to twenty-four hours.

Per Serving (excluding unknown
items): 214 Calories; 23g Fat
(94.1% calories from fat); 1g
Protein; 3g Carbohydrate; trace
Dietary Fiber; 62mg Cholesterol;
768mg Sodium. Exchanges: 0
Grain(Starch); 1/2 Vegetable; 0
Fruit; 4 1/2 Fat.

Bread and Muffins, Sauces and
Condiments

Per Serving Nutritional Analysis

Calories (kcal):	214
% Calories from Fat:	94.1%
% Calories from Carbohydrates:	4.7%
% Calories from Protein:	1.2%
Total Fat (g):	23g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	768mg
Potassium (mg):	41mg
Calcium (mg):	23mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 868IU
Vitamin A (r.e.): 215RE

Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	214	Calories from Fat: 201
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% Daily Values*

Total Fat	23g	35%
Saturated Fat	14g	72%
Cholesterol	62mg	21%
Sodium	768mg	32%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	17%
Vitamin C	7%
Calcium	2%
Iron	1%

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