

Avocado Mayo

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3 avocados, peeled, pitted and diced
2 cups mayonnaise
2 limes, juiced
1/4 cup flat-leaf parsley, chopped
pinch cayenne pepper
salt (to taste)

In a blender, combine the avocados, mayo, lime juice, parsley, cayenne and salt.

Blend until smooth.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 4165 Calories; 467g Fat (93.2% calories from fat); 18g Protein; 59g Carbohydrate; 16g Dietary Fiber; 154mg Cholesterol; 2564mg Sodium. Exchanges: 3 1/2 Fruit; 50 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	4165	Vitamin B6 (mg):	4.2mg
% Calories from Fat:	93.2%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	5.2%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	467g	Folacin (mcg):	418mcg
Saturated Fat (g):	67g	Niacin (mg):	12mg
Monounsaturated Fat (g):	158g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	194g	Alcohol (kcal):	0
Cholesterol (mg):	154mg	% Refuse:	0.0%
Carbohydrate (g):	59g	Food Exchanges	
Dietary Fiber (g):	16g	Grain (Starch):	0
Protein (g):	18g	Lean Meat:	0
Sodium (mg):	2564mg	Vegetable:	0
Potassium (mg):	3898mg	Fruit:	3 1/2
Calcium (mg):	190mg	Non-Fat Milk:	0
Iron (mg):	9mg	Fat:	50
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	87mg		
Vitamin A (i.u.):	4936IU		

Vitamin A (r.e.):

615 1/2RE

Nutrition Facts

Amount Per Serving

Calories	4165	Calories from Fat: 3883
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% Daily Values*

Total Fat	467g	718%
Saturated Fat	67g	333%
Cholesterol	154mg	51%
Sodium	2564mg	107%
Total Carbohydrates	59g	20%
Dietary Fiber	16g	63%
Protein	18g	
Vitamin A		99%
Vitamin C		144%
Calcium		19%
Iron		51%

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