

Creamy Guacamole

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3 avocados, chopped
juice of two limes
1/4 cup crema
1/4 cup water
1/2 cup cilantro, chopped
1 jalapeno, seeded and diced
salt (to taste)

In a blender, puree the avocados, limes, crema, water, cilantro and jalapeno.

Add the salt to taste.

Per Serving (excluding unknown items): 1015 Calories; 93g Fat (75.5% calories from fat); 15g Protein; 53g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 93mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1015
% Calories from Fat:	75.5%
% Calories from Carbohydrates:	19.0%
% Calories from Protein:	5.5%
Total Fat (g):	93g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	58g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	0mg
Carbohydrate (g):	53g
Dietary Fiber (g):	17g
Protein (g):	15g
Sodium (mg):	93mg
Potassium (mg):	4288mg
Calcium (mg):	249mg
Iron (mg):	12mg
Zinc (mg):	3mg
Vitamin C (mg):	136mg

Vitamin B6 (mg):	1.8mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	380mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	18
Other Carbohydrates:	0

Vitamin A (i.u.): 6510IU
Vitamin A (r.e.): 650RE

Nutrition Facts

Amount Per Serving

Calories 1015 Calories from Fat: 766

% Daily Values*

Total Fat 93g	143%
Saturated Fat 15g	73%
Cholesterol 0mg	0%
Sodium 93mg	4%
Total Carbohydrates 53g	18%
Dietary Fiber 17g	68%
Protein 15g	
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Vitamin A	130%
Vitamin C	226%
Calcium	25%
Iron	68%

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