

Homemade Guacamole

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Yield: 2 cups

3 medium ripe avocados, peeled and cubed
1/4 cup finely chopped onion
1/4 cup minced fresh cilantro
2 tablespoons lime juice
1/8 teaspoon salt
tortilla chips

In a bowl, mash the avocados with a fork. Stir in the onion, cilantro, lime juice and salt.

Serve with chips.

Start to Finish Time: 10 minutes

KEEPING YOUR GUACAMOLE GREEN!

1. In an airtight container, use a spoon to flatten the surface of your guacamole and remove any air pockets.
2. Gently pour in about one-half inch of water to cover the guacamole.
3. Refrigerate, covered, for up to two days.
4. To serve, carefully pour off the water and stir the guacamole.

Per Serving (excluding unknown items): 24 Calories; trace Fat (2.8% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 260mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	24	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	13mcg
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):	6g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	260mg	Vegetable:	1/2
Potassium (mg):	118mg	Fruit:	0
Calcium (mg):	15mg	Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 263IU
Vitamin A (r.e.): 26 1/2RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 24 **Calories from Fat:** 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	260mg	11%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	4%
Protein	1g	
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Vitamin A		5%
Vitamin C		22%
Calcium		2%
Iron		1%

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