

Guacamole



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 20 minutes

INGREDIENTS

- 3 ripe avocados, mashed
- 1 tomato, diced
- 1/4 cup red onion, diced
- 1/2 jalapeno, diced
- 3 tablespoons cilantro, minced
- 2 teaspoons lime juice
- 1/4 teaspoon kosher salt

DIRECTIONS

1. Cut the avocados in half and remove the pit using a spoon.
2. Scoop the avocado into a medium bowl.
3. Add in the lime juice and salt, and mash using a fork or potato masher.
4. Add red onion, jalapeno, cilantro and tomato, and gently mix to combine.
5. Serve immediately.



Nutrition Information

Serving size: 1/4 of recipe

Calories	180
Total fat	16 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	79 mg
Carbohydrates	10 g
Fiber	8 g
Sugars	1 g
Protein	2 g

Notes:

- Guacamole can be stored for up to 2 days in the refrigerator, but will begin to brown because of exposure to oxygen. You can remove the brown portion prior to serving.

Recipe source: Greater Chicago Food Depository