

Guacamole

6 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- 1 large avocado, flesh removed
- ¼ teaspoon salt
- Juice of 1 lime
- 3 Tablespoons white onion, finely chopped
- 1 serrano pepper, finely chopped and seeded
- 1 Roma tomato, finely chopped
- 2 Tablespoons cilantro, finely chopped

DIRECTIONS

1. Chop avocado flesh into large pieces and place into a bowl.
2. Add the salt and lime to the avocado and mash to the desired texture.
3. Add the remaining ingredients and mix with a spoon.

Nutrition Facts

6 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 160mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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