

GUACAMOLE

Ingredients:

- 3 avocado (ripe), peeled, pitted, and mashed
- 2 roma tomatoes , diced
- 1/2 cup white onion, finely chopped
- 1/4 cup finely chopped fresh cilantro
- 1 teaspoon minced garlic
- 3 tablespoons lime juice
- 1/8 teaspoon sea salt



Serves: 11



*VEGAN



*GLUTEN-FREE

Preparation:

- In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately.
- Enjoy immediately with wraps, pita chips, or vegetables!

Note:

- Leftovers will keep well, refrigerated, for about 3 days.

Nutrition Facts

11 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 284mg	6%

*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.