

Quick Guacamole

Serves: 8 Serving size: 1/4 cup

Ingredients:

- 2 Avocado's
- 2 tsp. fresh garlic
- 1 Tbsp. fresh lime juice
- 1-10oz can of diced tomatoes with green chiles

Instructions:

1. Cut the two avocado's in half, remove the pit, and scoop out all of the insides into a bowl
2. Mash the avocado's using a fork until smooth
3. Finely mince the garlic and, add it to the avocado mixture
4. Drain the juice from the diced tomatoes with green chiles and, add that to the avocado mixture
5. Add the lime juice to prevent browning and, enjoy!

Nutrition Facts

Serving Size (151g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 110

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 8g **32%**

 Sugars 2g

Protein 3g

Vitamin A 4% • **Vitamin C** 20%

Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

