



# Guacamole

Makes about 5 cups



## Ingredients:

- 3 large avocados, peeled, pitted, and mashed
- 1 lime
- 1 tsp salt
- ½ cup diced red onion
- 3 tbsp chopped fresh cilantro
- 2 Roma (plum) tomatoes, diced
- 1 tsp minced garlic

## Materials:

- knife and cutting mat
- fork
- mixing bowl

## Directions:

- In a medium bowl, mash together the avocados, lime juice, and salt.
- Mix in onion, cilantro, tomatoes, and garlic.

## Preparing an Avocado:

Cut avocado in half lengthwise and twist the halves in opposite directions. Holding one half in the palm of your hand, remove the pit with a spoon. Slide the spoon along the peel to scoop out the flesh, making sure to include the dark green outermost flesh where the richest antioxidant are found.

Source: Anne Atwater

## Nutrition Facts

Serving Size 1/10 of recipe  
Servings Per Container

Amount Per Serving

Calories 90      Calories from Fat 70

% Daily Value\*

Total Fat 7g      11%

Saturated Fat 1g      5%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 200mg      8%

Total Carbohydrate 6g      2%

Dietary Fiber 4g      16%

Sugars 1g

Protein 1g

Vitamin A 4%      • Vitamin C 15%

Calcium 0%      • 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