

Holy Guacamole

Serves 6

Guacamole makes a delicious, heart healthy dip for the whole family.



Ingredients

- 3 medium ripe avocados
- 1 lime, juiced
- ¼ teaspoon garlic salt
- ¼ teaspoon onion salt
- 1 tomato, finely chopped (optional)

Nutrition Facts

Serving Size about 2 tablespoons
(129g)
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat** 130

% Daily Value*

Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 7g	28%
Sugars 1g	

Protein 2g

Vitamin A 6% • Vitamin C 25%

Calcium 2% • Iron 4%

*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

Directions

1. Peel and mash avocados with fork or potato masher.
2. Add remaining ingredients and mix well.
3. Enjoy with your favorite veggies or chips.

Please note: nutritional values are approximate.

