

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.

