

Guacamole



Makes:
8 servings, approximately 4 ounces each

Utensil:
3.5 Qt. Double Walled Bowl
Rate ☆☆☆☆☆
Recipe:

Contributed By:
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Authorized Saladmaster Dealer
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- 4 ripe avocados
- 2 garlic cloves, minced
- ¼ cup cilantro, chopped
- (4
- g)
- 2 jalapeño chilies, chopped
- 1 tomato, chopped
- 1 lime or lemon, juiced
- sea salt, to taste

- Directions:**
1. In a bowl, mash the avocados.
 2. Add cilantro, chilies, tomatoes, lime or lemon juice and salt.
 3. Fluff with a fork or pastry cutter to desired consistency.

Nutritional Information per	
▼ Serving	
Calories:	151
Total Fat:	13g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	44mg
Total	9g
Carbs:	
Dietary Fiber:	6g
Sugar:	1g
Protein:	2g