

Avocado Dip with Bacon

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 2 1/2 cups

2 large ripe avocados
1 tablespoon lemon or lime juice,
freshly squeezed and strained
2 tablespoons mild white onion, very
finely chopped
1 small clove garlic, crushed to a
smooth puree'
1 teaspoon chili powder (or to taste)
dash Tabasco sauce
1 teaspoon salt (or to taste)
4 slices bacon, cooked crisp and
crumbled
1 large tomato, peeled, seeded and
finely chopped
1 hard-cooked egg, chopped

Halve the avocado lengthwise. Remove the pit and scoop out the flesh into a mixing bowl with a large spoon. Mash the avocado flesh with a fork.

Add the lemon juice, onion, garlic, chili powder, Tabasco, salt and bacon. Blend well. Fold in the tomato and egg gently but thoroughly.

Taste and adjust the seasoning. Transfer to an attractive bowl. Serve at once with tortilla chips OR cover the bowl tightly with plastic wrap and refrigerate until ready for use.

Per Serving (excluding unknown items): 254 Calories; 18g Fat (64.4% calories from fat); 15g Protein; 7g Carbohydrate; 1g Dietary Fiber; 234mg Cholesterol; 478mg Sodium. Exchanges: 2 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	254
% Calories from Fat:	64.4%
% Calories from Carbohydrates:	11.6%
% Calories from Protein:	24.0%
Total Fat (g):	18g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	234mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	15g
Sodium (mg):	478mg
Potassium (mg):	471mg
Calcium (mg):	40mg
Iron (mg):	2mg
Zinc (mg):	1mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	42mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Vitamin C (mg): 33mg
 Vitamin A (i.u.): 1046IU
 Vitamin A (r.e.): 160 1/2RE

Nutrition Facts

Amount Per Serving

Calories 254 Calories from Fat: 163

% Daily Values*

Total Fat	18g		28%
Saturated Fat	6g		30%
Cholesterol	234mg		78%
Sodium	478mg		20%
Total Carbohydrates	7g		2%
Dietary Fiber	1g		6%
Protein	15g		
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Vitamin A			21%
Vitamin C			55%
Calcium			4%
Iron			9%

* Percent Daily Values are based on a 2000 calorie diet.