

Guacamole Dip II

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3 avocados, diced
juice of one lime
1 teaspoon Kosher salt
1 plum tomato, chopped
1/2 cup chopped cilantro
1/2 small red onion, minced
1 tablespoon pickled jalapeno,
chopped

In a bowl, mash the avocados with the lime juice and Kosher salt.

Stir in the tomato, cilantro, onion and jalapeno.

Per Serving (excluding unknown items): 1021 Calories; 93g Fat (75.4% calories from fat); 14g Protein; 55g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 2073mg Sodium. Exchanges: 2 Vegetable; 2 1/2 Fruit; 18 Fat.