

Bacon Guacamole

Food Network Magazine - September 2011

2 avocados, mashed
1/2 cup tomato, chopped
1/2 cup cilantro, chopped
1/4 cup onion, chopped
1/4 cup cooked bacon, crumbled
1/2 jalapeno, seeded and minced
lime juice (to taste)
salt (to taste)

In a bowl, combine the avocados, tomato, cilantro, onion, bacon and jalapeno.

Add the lime juice and salt, to taste.

Per Serving (excluding unknown items): 1064 Calories; 92g Fat (73.1% calories from fat); 30g Protein; 45g Carbohydrate; 13g Dietary Fiber; 50mg Cholesterol; 1024mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fruit; 16 1/2 Fat.