

Bacon and Cheddar Guacamole

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3 strips bacon
2 avocados
1/4 cup sharp Cheddar cheese,
shredded
3 tablespoons grated onion
3 tablespoons fresh lemon juice
salt (to taste)

In a skillet, cook the bacon until crisp. Remove from the skillet and chop.

In a bowl, gently mash the avocados.

Fold in the bacon, Cheddar cheese, onion and lemon juice.

Season with salt to taste.

Per Serving (excluding unknown items): 894 Calories; 80g Fat (75.7% calories from fat); 21g Protein; 37g Carbohydrate; 11g Dietary Fiber; 46mg Cholesterol; 521mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 2 Fruit; 14 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	894	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	75.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	15.4%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	80g	Folacin (mcg):	266mcg
Saturated Fat (g):	19g	Niacin (mg):	9mg
Monounsaturated Fat (g):	46g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	46mg	% Refused:	0 0%
Carbohydrate (g):	37g	Food Exchanges	
Dietary Fiber (g):	11g	Grain (Starch):	0
Protein (g):	21g	Lean Meat:	2
Sodium (mg):	521mg	Vegetable:	1/2
Potassium (mg):	2632mg	Fruit:	2

Calcium (mg): 260mg
Iron (mg): 5mg
Zinc (mg): 3mg
Vitamin C (mg): 61mg
Vitamin A (i.u.): 2770IU
Vitamin A (r.e.): 336 1/2RE

Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 894 **Calories from Fat:** 677

% Daily Values*

Total Fat 80g	124%
Saturated Fat 19g	95%
Cholesterol 46mg	15%
Sodium 521mg	22%
Total Carbohydrates 37g	12%
Dietary Fiber 11g	43%
Protein 21g	
Vitamin A	55%
Vitamin C	102%
Calcium	26%
Iron	26%

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