

Blue Cheese Guacamole II

Roberto Santibanez - "Truly Mexican"
TheAmazingAvocado.com

Servings: 4

2 tablespoons white onion, finely chopped
1 tablespoon fresh jalapeno OR serrano chile pepper (including seeds), or more to taste
1 teaspoon Kosher salt OR 1/2 teaspoon fine salt
1/4 cup cilantro, chopped and divided
1 tablespoon freshly squeezed lime juice
1 large or 2 small Haas avocados, halved and pitted
1/4 cup smoked almonds, chopped and divided
3 tablespoons crumbled blue cheese, divided

Mash the onion, chile, salt and half of the cilantro to a paste in a molcajete or mortar (the coarseness of the Kosher salt will help you make the paste). You can also mince and mash the ingredients together on a cutting board with a large knife or fork. Transfer the paste to a bowl.

Stit in the lime juice. Score the flesh in the avocado halves in a crosshatch pattern (not through the skin) with a knife and then scoop it with a spoon into the mortar or bowl.knife

Add the rest of the cilantro and most of the almonds and blue cheese. Toss well and mash coarsely with a pestle or fork.

Season to taste with additional lime juice and salt.

Garnish with the rest of the almonds and blue cheese. This guacamole is best served right away.

Per Serving (excluding unknown items): 29 Calories; 2g Fat (56.4% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 92mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	29	Vitamin B6 (mg):	trace
% Calories from Fat:	56.4%	Vitamin B12 (mcg):	.1mcg

% Calories from Carbohydrates:	19.8%
% Calories from Protein:	23.7%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	5mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	92mg
Potassium (mg):	105mg
Calcium (mg):	57mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	11mg
Vitamin A (i.u.):	394IU
Vitamin A (r.e.):	48 1/2RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 29	Calories from Fat: 17
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% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	6%
Cholesterol 5mg	2%
Sodium 92mg	4%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 2g	
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Vitamin A	8%
Vitamin C	18%
Calcium	6%
Iron	4%

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