

Corn-Bacon Guacamole

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3 avocados
2 ears corn
6 slices bacon, cooked and crumbled
1/2 cup plum tomato, diced
1/2 cup cilantro, chopped
1/3 cup chopped pickled jalapeno peppers
lime juice (to taste)
salt (to taste)

Preheat the grill.

In a bowl, mash the avocados.

Grill the corn until charred. Remove from the grill. Cut off the kernels.

Stir in the corn, bacon, plum tomato, cilantro and pickled jalapeno.

Add the lime juice and salt to taste.

Per Serving (excluding unknown items): 1404 Calories; 114g Fat (67.5% calories from fat); 33g Protein; 91g Carbohydrate; 22g Dietary Fiber; 32mg Cholesterol; 732mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 21 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1404	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	67.5%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	23.8%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	114g	Folacin (mcg):	471mcg
Saturated Fat (g):	22g	Niacin (mg):	19mg
Monounsaturated Fat (g):	68g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	15g	Alcohol (kcal):	0
Cholesterol (mg):	32mg	% Refuse:	0.0%
Carbohydrate (g):	91g	Food Exchanges	
Dietary Fiber (g):	22g	Grain (Starch):	3
Protein (g):	33g	Lean Meat:	1 1/2
Sodium (mg):	732mg	Vegetable:	1

Potassium (mg): 5131mg
Calcium (mg): 259mg
Iron (mg): 14mg
Zinc (mg): 5mg
Vitamin C (mg): 172mg
Vitamin A (i.u.): 7553IU
Vitamin A (r.e.): 753 1/2RE

Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 21
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1404 **Calories from Fat:** 947

% Daily Values*

Total Fat 114g	176%
Saturated Fat 22g	108%
Cholesterol 32mg	11%
Sodium 732mg	31%
Total Carbohydrates 91g	30%
Dietary Fiber 22g	89%
Protein 33g	
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Vitamin A	151%
Vitamin C	287%
Calcium	26%
Iron	79%

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