

Garlic Guacamole

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1 head garlic
 olive oil
 3 avocados
 1/4 cup white onion, diced
 1/2 cup plum tomato, diced
 1/2 cup cilantro, chopped
 1 clove garlic, chopped
 1 jalapeno, seeded and diced
 lime juice (to taste)
 salt (to taste)

Cut off the top of the garlic head. Brush the head with olive oil. Wrap the head with foil. Roast in the oven at 375 degrees until tender, about 35 minutes. Cool, then squeeze the garlic out of its skin. Set aside.

In a bowl, mash the avocados.

Stir in the white onion, roasted garlic, plum tomato, cilantro, garlic clove and jalapeno.

Add the lime juice and salt to taste.

Per Serving (excluding unknown items): 1058 Calories; 93g Fat (72.6% calories from fat); 17g Protein; 62g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 101mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1058
% Calories from Fat:	72.6%
% Calories from Carbohydrates:	21.6%
% Calories from Protein:	5.8%
Total Fat (g):	93g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	58g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	0mg
Carbohydrate (g):	62g
Dietary Fiber (g):	19g
Protein (g):	17g
	101mg

Vitamin B6 (mg):	1.9mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	401mcg
Niacin (mg):	14mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
	2
	1

Sodium (mg):
Potassium (mg): 4577mg
Calcium (mg): 271mg
Iron (mg): 13mg
Zinc (mg): 3mg
Vitamin C (mg): 158mg
Vitamin A (i.u.): 7078IU
Vitamin A (r.e.): 706 1/2RE

Vegetable:
Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 18
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1058 **Calories from Fat:** 769

% Daily Values*

Total Fat 93g	144%
Saturated Fat 15g	74%
Cholesterol 0mg	0%
Sodium 101mg	4%
Total Carbohydrates 62g	21%
Dietary Fiber 19g	75%
Protein 17g	
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Vitamin A	142%
Vitamin C	263%
Calcium	27%
Iron	72%

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