

# Margarita Guacamole

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3 avocados  
1/4 cup scallions, chopped  
1/2 cup plum tomato, diced  
1/2 cup cilantro, chopped  
zest of one lime  
juice of one lime  
juice of 1/2 orange  
3 tablespoons tequila  
1 jalapeno, seeded and diced  
salt (to taste)  
lime wedges (for garnish)

In a bowl, mash the avocados.

Stir in the scallions, plum tomato, cilantro, lime zest, lime juice, orange juice, tequila and jalapeno.

Add salt to taste.

Serve in a salt-rimmed bowl with lime wedges.

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Per Serving (excluding unknown items): 1138 Calories; 93g Fat (73.7% calories from fat); 16g Protein; 59g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 103mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fruit; 18 Fat.

## Appetizers

### Per Serving Nutritional Analysis

|                                |        |
|--------------------------------|--------|
| Calories (kcal):               | 1138   |
| % Calories from Fat:           | 73.7%  |
| % Calories from Carbohydrates: | 20.6%  |
| % Calories from Protein:       | 5.7%   |
| Total Fat (g):                 | 93g    |
| Saturated Fat (g):             | 15g    |
| Monounsaturated Fat (g):       | 58g    |
| Polyunsaturated Fat (g):       | 12g    |
| Cholesterol (mg):              | 0mg    |
| Carbohydrate (g):              | 59g    |
| Dietary Fiber (g):             | 19g    |
| Protein (g):                   | 16g    |
| Sodium (mg):                   | 103mg  |
| Potassium (mg):                | 4557mg |

|                     |        |
|---------------------|--------|
| Vitamin B6 (mg):    | 1.8mg  |
| Vitamin B12 (mcg):  | 0mcg   |
| Thiamin B1 (mg):    | .9mg   |
| Riboflavin B2 (mg): | .9mg   |
| Folacin (mcg):      | 409mcg |
| Niacin (mg):        | 14mg   |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 96     |
| % Refused:          | 0.0%   |

### Food Exchanges

|                 |       |
|-----------------|-------|
| Grain (Starch): | 1/2   |
| Lean Meat:      | 0     |
| Vegetable:      | 1 1/2 |
| Fruit:          | 2 1/2 |

**Calcium (mg):** 270mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 158mg  
**Vitamin A (i.u.):** 7170IU  
**Vitamin A (r.e.):** 715 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 18  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1138                      **Calories from Fat:** 838

### % Daily Values\*

|                                |      |
|--------------------------------|------|
| <b>Total Fat</b> 93g           | 144% |
| Saturated Fat 15g              | 73%  |
| <b>Cholesterol</b> 0mg         | 0%   |
| <b>Sodium</b> 103mg            | 4%   |
| <b>Total Carbohydrates</b> 59g | 20%  |
| Dietary Fiber 19g              | 74%  |
| <b>Protein</b> 16g             |      |
| <b>Vitamin A</b>               | 143% |
| <b>Vitamin C</b>               | 263% |
| <b>Calcium</b>                 | 27%  |
| <b>Iron</b>                    | 73%  |

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