

# Scallion Guacamole

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3 avocados  
 1 yellow bell pepper, cut into wide strips  
 olive oil  
 1 bunch scallions  
 1/2 cup plum tomato, diced  
 1/2 cup cilantro, chopped  
 1 jalapeno, seeded and diced  
 lime juice (to taste)  
 salt (to taste)  
 pepper (to taste)

Preheat the grill.

In a bowl, mash the avocados.

Brush the bell pepper and scallions with olive oil. Season with salt and pepper to taste. Grill until charred. Remove from the grill. Chop the bell pepper and white portion of the scallions.

Stir in the pepper, scallions, plum tomato, cilantro and jalapeno.

Add the lime juice and salt to taste.

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Per Serving (excluding unknown items): 1071 Calories; 94g Fat (71.7% calories from fat); 17g Protein; 66g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 104mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1071
<b>% Calories from Fat:</b>	71.7%
<b>% Calories from Carbohydrates:</b>	22.3%
<b>% Calories from Protein:</b>	5.9%
<b>Total Fat (g):</b>	94g
<b>Saturated Fat (g):</b>	15g
<b>Monounsaturated Fat (g):</b>	58g
<b>Polyunsaturated Fat (g):</b>	12g
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	66g
<b>Dietary Fiber (g):</b>	19g
	17g

<b>Vitamin B6 (mg):</b>	2.0mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	.9mg
<b>Riboflavin B2 (mg):</b>	.9mg
<b>Folacin (mcg):</b>	434mcg
<b>Niacin (mg):</b>	15mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

## Food Exchanges

<b>Grain (Starch):</b>	1/2
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**Protein (g):**  
**Sodium (mg):** 104mg  
**Potassium (mg):** 4784mg  
**Calcium (mg):** 276mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 374mg  
**Vitamin A (i.u.):** 7419IU  
**Vitamin A (r.e.):** 740 1/2RE

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1071                      **Calories from Fat:** 768

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### % Daily Values\*

<b>Total Fat</b> 94g	144%
Saturated Fat 15g	73%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 104mg	4%
<b>Total Carbohydrates</b> 66g	22%
Dietary Fiber 19g	77%
<b>Protein</b> 17g	
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<b>Vitamin A</b>	148%
<b>Vitamin C</b>	624%
<b>Calcium</b>	28%
<b>Iron</b>	75%

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