

# Wasabi Guacamole

Food Network Magazine - May 2013

3 avocados  
2 teaspoons wasabi paste  
1/4 cup white onion, diced  
1/2 cup cilantro, chopped  
1/2 cup radishes, julienned  
lime juice (to taste)  
salt (to taste)

In a bowl, mash the avocados and wasabi paste..

Stir in the white onion, cilantro and radishes.

Add the lime juice and salt to taste.

---

Per Serving (excluding unknown items): 1038 Calories; 93g Fat (74.1% calories from fat); 16g Protein; 58g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 106mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	1038
% Calories from Fat:	74.1%
% Calories from Carbohydrates:	20.3%
% Calories from Protein:	5.6%
Total Fat (g):	93g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	58g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	0mg
Carbohydrate (g):	58g
Dietary Fiber (g):	18g
Protein (g):	16g
Sodium (mg):	106mg
Potassium (mg):	4460mg
Calcium (mg):	267mg
Iron (mg):	12mg
Zinc (mg):	3mg
Vitamin C (mg):	146mg

Vitamin B6 (mg):	1.7mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	397mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	18
Other Carbohydrates:	0

Vitamin A (i.u.): 6484IU  
Vitamin A (r.e.): 647RE

---

## Nutrition Facts

---

### Amount Per Serving

---

**Calories** 1038                      **Calories from Fat:** 769

---

**% Daily Values\***

<b>Total Fat</b>	93g	144%
Saturated Fat	15g	73%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	106mg	4%
<b>Total Carbohydrates</b>	58g	19%
Dietary Fiber	18g	73%
<b>Protein</b>	16g	
<hr/>		
<b>Vitamin A</b>		130%
<b>Vitamin C</b>		243%
<b>Calcium</b>		27%
<b>Iron</b>		69%

---

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