

Avocado Spread

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Yield: 3/4 cup

2 medium ripe avocados, peeled,
pitted and mashed
2 tablespoons butter, softened
1 teaspoon lemon juice
2 cloves garlic, minced
1/4 teaspoon salt
1/8 teaspoon ground pepper

Preparation Time: 10 minutes

Chill: 24 hours

In a small bowl, stir together all of the ingredients.

Cover and chill up to 24 hours.

Per Serving (excluding unknown items): 214 Calories; 23g Fat (94.1% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 768mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	214	Vitamin B6 (mg):	.1mg
% Calories from Fat:	94.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	23g	Folacin (mcg):	2mcg
Saturated Fat (g):	14g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	62mg	% Refuse:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	768mg	Vegetable:	1/2
Potassium (mg):	41mg	Fruit:	0
Calcium (mg):	23mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	4 1/2

Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 868IU
Vitamin A (r.e.): 215RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 214 Calories from Fat: 201

% Daily Values*

Total Fat 23g	35%
Saturated Fat 14g	72%
Cholesterol 62mg	21%
Sodium 768mg	32%
Total Carbohydrates 3g	1%
Dietary Fiber trace	1%
Protein 1g	
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Vitamin A	17%
Vitamin C	7%
Calcium	2%
Iron	1%

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