Three Pepper Guacamole

Laura Levy - Lyons, CO Taste of Home Magazine - Feb/ Mar 2014

Yield: 4 cups

- 3 table spoons + 1/4 cup minced fresh cilantro, divided
- 4 tablespoons onion, finely chopped and divided
- 3 tablespoons minced seeded jalapeno pepper
- 1 tablespoon minced seeded serrano pepper
- 2 to 3 teaspoons chopped chipotle pepper in adobo sauce
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 4 medium ripe avocados, peeled and cubed
- 1/3 cup finely chopped tomatoes tortilla chips

In a large bowl, combine three tablespoons of cilantro, two tablespoons of onion, the peppers, garlic and salt. Mash together with a fork.

Stir in the avocados. Fold in the tomatoes and remaining cilantro and onion.

Serve with the chips.

Start to Finish Time: 25 minutes

KEEPING YOUR GUACAMOLE GREEN!

- 1. In an airtight container, use a spoon to flatten the surface of your guacamole and remove any air bockets.
- 2. Gently pour in about one-half inch of water to cover the guacamole.
- 3. Refrigerate, covered, for up to two days.
- 4. To serve, carefully pour off the water and stir the guacamole.

Per Serving (excluding unknown items): 29 Calories; trace Fat (2.6% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1070mg Sodium. Exchanges: 1 Vegetable.

Appetizers

Dar Cansina Mutritional Analysis

| Calories (kcal): | 29 | Vitamin B6 (mg): | .1mg |
|--------------------------------|-------|---------------------|-------|
| % Calories from Fat: | 2.6% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 83.4% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 13.9% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 10mcg |
| Saturated Fat (q): | trace | Niacin (mg): | trace |
| (0) | | Caffeine (mg): | 0mg |
| Monounsaturated Fat (g): | trace | Alcohol (kcal): | 0 |

| Polyunsaturated Fat (g): | trace | % Pofuso | በ በ% |
|--|---|--|----------------------------|
| Cholesterol (mg): | 0mg 7a | Food Exchanges | |
| Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg): Vitamin A (i.u.): | 7g 1g 1g 1070mg 115mg 33mg trace trace 6mg 195IU | Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates: | 0 0 1 0 0 0 |
| Vitamin A (r.e.): | 19 1/2RE | | |

Nutrition Facts

| Amount Per Serving | | | | |
|-------------------------------|----------------------|--|--|--|
| Calories 29 | Calories from Fat: 1 | | | |
| | % Daily Values* | | | |
| Total Fat trace | 0% | | | |
| Saturated Fat trace | 0% | | | |
| Cholesterol 0mg | 0% | | | |
| Sodium 1070mg | 45% | | | |
| Total Carbohydrates 7g | 2% | | | |
| Dietary Fiber 1g | 4% | | | |
| Protein 1g | | | | |
| Vitamin A | 4% | | | |
| Vitamin C | 11% | | | |
| Calcium | 3% | | | |
| Iron | 1% | | | |

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