

# Amazing Burger Spread

*www.TheAmazingAvocado.com*

## Servings: 4

*1 ripe avocado*

*1/4 cup Samuel Adams Boston*

*Lager*

*1/4 cup Dijon style mustard*

*2 tablespoons maple syrup*

In a bowl, mix the mustard, maple syrup and beer.

Add the avocado pieces. Mash the avocado with the back of a spoon or fork while mixing into the liquid. Leave a few small chunks of avocado in the mix. Let it sit for 30 minutes or cover with plastic wrap if not serving immediately.

Spread on burgers and enjoy.

Per Serving (excluding unknown items): 26 Calories; trace Fat (0.7% calories from fat); 0g Protein; 7g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

|                                |       |
|--------------------------------|-------|
| Calories (kcal):               | 26    |
| % Calories from Fat:           | 0.7%  |
| % Calories from Carbohydrates: | 99.3% |
| % Calories from Protein:       | 0.0%  |
| Total Fat (g):                 | trace |
| Saturated Fat (g):             | trace |
| Monounsaturated Fat (g):       | trace |
| Polyunsaturated Fat (g):       | trace |
| Cholesterol (mg):              | 0mg   |
| Carbohydrate (g):              | 7g    |
| Dietary Fiber (g):             | 0g    |
| Protein (g):                   | 0g    |
| Sodium (mg):                   | 1mg   |
| Potassium (mg):                | 20mg  |

|                     |        |
|---------------------|--------|
| Vitamin B6 (mg):    | 0mg    |
| Vitamin B12 (mcg):  | 0mcg   |
| Thiamin B1 (mg):    | trace  |
| Riboflavin B2 (mg): | trace  |
| Folacin (mcg):      | 0mcg   |
| Niacin (mg):        | trace  |
| Caffeine (mg):      | 0mg    |
| Alcohol (kcal):     | 0      |
| % Daily Value*      | on on% |

## Food Exchanges

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

**Calcium (mg):** 10mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 26 Calories from Fat: 0

### % Daily Values\*

|                            |       |    |
|----------------------------|-------|----|
| <b>Total Fat</b>           | trace | 0% |
| Saturated Fat              | trace | 0% |
| <b>Cholesterol</b>         | 0mg   | 0% |
| <b>Sodium</b>              | 1mg   | 0% |
| <b>Total Carbohydrates</b> | 7g    | 2% |
| Dietary Fiber              | 0g    | 0% |
| <b>Protein</b>             | 0g    |    |

|                  |    |
|------------------|----|
| <b>Vitamin A</b> | 0% |
| <b>Vitamin C</b> | 0% |
| <b>Calcium</b>   | 1% |
| <b>Iron</b>      | 1% |

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