

Zesty Avocado Sauce

www.TheAmazingAvocado.com

Servings: 4

1 medium yellow onion, roughly chopped
2 medium green peppers, seeded, deveined and roughly chopped
2 ripe avocados, peeled and seeded
2 cloves garlic
1/2 bunch fresh parsley leaves
1/2 bunch fresh cilantro leaves
1/3 cup red wine vinegar
1 tablespoon salt (to taste)
1/4 teaspoon black ground pepper
1 cup virgin olive oil

In a food processor, place the onion, green peppers, avocados, garlic, parsley, cilantro, vinegar, salt and pepper. Process until mostly smooth.

Add the virgin olive oil in a stream with the food processor running and process until smooth. Add water to dilute, if necessary.

Let stand at room temperature for at least one hour for the flavors to blend. Taste and adjust the seasoning.

If made in advance, store, covered, in the refrigerator but bring to room temperature before serving. Refrigerated shelf life is approximately seven days.

Per Serving (excluding unknown items): 509 Calories; 54g Fat (93.3% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Vegetable; 11 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	509
% Calories from Fat:	93.3%
% Calories from Carbohydrates:	6.0%
% Calories from Protein:	0.7%
Total Fat (g):	54g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	40g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	1g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	18mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 3mg
Potassium (mg): 175mg
Calcium (mg): 15mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 55mg
Vitamin A (i.u.): 384IU
Vitamin A (r.e.): 38 1/2RE

Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 509 Calories from Fat: 475

% Daily Values*

Total Fat	54g	83%
Saturated Fat	7g	37%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	6%
Protein	1g	
Vitamin A		8%
Vitamin C		92%
Calcium		1%
Iron		4%

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