

Chunky Guacamole

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3 avocados
1/4 cup white onion, diced
1/2 cup plum tomato, diced
1/2 cup cilantro, chopped
1 jalapeno, seeded and diced
lime juice (to taste)
salt (to taste)

In a bowl, mash the avocados.

Stir in the white onion, plum tomato, cilantro and jalapeno.

Add the lime juice and salt to taste.

Per Serving (excluding unknown items): 1049 Calories; 93g Fat (73.2% calories from fat); 16g Protein; 60g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fruit; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1049	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	73.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	21.1%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	93g	Folacin (mcg):	401mcg
Saturated Fat (g):	15g	Niacin (mg):	14mg
Monounsaturated Fat (g):	58g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0 0%
Carbohydrate (g):	60g	Food Exchanges	
Dietary Fiber (g):	19g	Grain (Starch):	1/2
Protein (g):	16g	Lean Meat:	0
Sodium (mg):	100mg	Vegetable:	1 1/2
Potassium (mg):	4553mg	Fruit:	2 1/2
Calcium (mg):	260mg	Non-Fat Milk:	0
Iron (mg):	13mg	Fat:	18
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	156mg		

Vitamin A (i.u.): 7078IU
Vitamin A (r.e.): 706 1/2RE

Nutrition Facts

Amount Per Serving

Calories 1049 Calories from Fat: 768

% Daily Values*

Total Fat	93g	144%
Saturated Fat	15g	74%
Cholesterol	0mg	0%
Sodium	100mg	4%
Total Carbohydrates	60g	20%
Dietary Fiber	19g	74%
Protein	16g	
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Vitamin A		142%
Vitamin C		259%
Calcium		26%
Iron		71%

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