

Guacamole



Ingredients

- 2 large avocado, pitted
- 1 tablespoon lime juice
- 1 garlic clove, finely chopped
- 1 jalapeno pepper, diced
- 1 medium tomato, chopped
- 3 tablespoon cilantro, chopped, if desired

Directions:

1. Slice the avocados in half, remove the pit, and scoop it into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add more lime juice if needed.

Servings:

½ cup per serving, 8 servings

Nutrition Information per Serving:

Calories: 168 kCal; Carbohydrates: 10.4 grams; Protein: 2.5 grams; Fat: 13.8 grams; Saturated Fat: 2 grams; Fiber: 7.6 grams; Sugar: 1.1 grams.