Classic Guacamole

Source: Dustin Harder of VeganRoadie.com

About the Recipe

60 Calories · 1 g Protein · 2 g Fiber
Appetizers

Ingredients

Makes 8 Servings

- 2 ripe avocados, peeled and seed removed
- 1/2 Roma tomato, seeds removed, minced
- 1/4 cup (35 g) minced red onion
- 1/2 jalapeño, seeds removed, minced
- 1 tablespoon finely chopped cilantro
- Juice of 1/2 lime
- 1/2 teaspoon sea salt
- Pinch ground black pepper

Directions

1. Add the avocado to a bowl and gently smash it with a fork, leaving some chunks. Add the tomato, onion, jalapeño, cilantro, lime juice, salt, and pepper and mix everything to combine. Use it on tacos or nachos, or eat with your favorite tortilla chips.

Nutrition Facts

Per serving:
Calories: 60
Fat: 5 g

- **Saturated Fat:** 1 g
- **% Calories From Fat:** 73%

Cholesterol: 0 mg
Protein: 1 g
Carbohydrate: 4 g
Sugar: 0 g
Fiber: 2 g
Sodium: 149 mg
Calcium: 7 mg
Iron: 0 mg
Vitamin C: 6 mg
Beta-Carotene: 47 mcg
Vitamin E: 1 mg