

# Sizzling Southwest Guacamole

## Ingredients:

6 ripe, fresh Hass avocados, peeled, seeded, cut in chunks  
2 fresh limes, juice only  
1/2 cup cilantro leaves  
1 cup corn kernels  
1 small red onion, diced  
1 cup grated jalapeno-jack cheese  
1 teaspoon hot sauce  
1 teaspoon kosher salt

## Directions:

1. Mash avocado chunks with lime juice in a large bowl.
2. Add cilantro, corn, bell pepper, onion, cheese, hot sauce, and salt. Combine well.
3. Taste, and adjust seasonings with more salt and hot sauce, if desired.
4. Serve with tortilla chips for dipping.

Nutrition Facts	
Serving Size 1/2 cup (140g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 200	<b>Calories from Fat</b> 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 2%	• Vitamin C 30%
Calcium 8%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: [Avocadocentral.com](http://Avocadocentral.com)

