

# THE BEST GUACAMOLE

## INGREDIENTS:

- 4–5 avocados
- 1/4 cup red onion, diced
- 2 limes, juiced
- 2 Roma tomatoes, diced
- 1–2 tablespoons cilantro, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1–2 tablespoons queso fresco, crumbled
- 1/2 – 1 jalapeño, seeds removed and finely diced (optional)

## DIRECTIONS:

1. Cut avocados in half, remove pits (keep pits), and scoop out with a spoon into a bowl. Gently mash avocados.
2. Add the rest of the ingredients and stir. Taste for seasoning and cilantro – add more if desired. Top with queso fresco.
3. Store in an airtight container with the pits – the pits will help keep guacamole fresh.

Tip: Serve with low-sodium tortilla or corn chips or add to your entrée (e.g. tacos, enchiladas, burritos, etc.)

<b>Nutrition Facts</b>	
Serving Size (170g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 190
<b>% Daily Value*</b>	
<b>Total Fat</b> 22g	<b>34%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 4%	• Vitamin C 30%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	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	

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Source: VNPCC Wellness Center

