



Easy Homemade Guacamole

This simple and delicious recipe for guacamole is great as a dip or on a sandwich. Avocados are a good source of folate, vitamins E, C and B₆, potassium, and healthy fats. Avocados are ripe when they are soft to the touch.

Prep: 10 minutes • Total: 10 minutes

Ingredients:

Avocados	2 whole	2 whole
Salsa	3 Tbsp	45 mL
Lemon Juice	2 Tbsp	30 mL
Garlic, minced	1 clove	1 clove
Onion, chopped	½ cup	125 mL
Tomato, chopped	1 tomato	1 tomato

Directions:

1. Cut the avocados in half, remove pit, and scoop fruit into a medium sized bowl.
2. Add salsa, lemon juice, and garlic to the avocado. Mash ingredients together with a fork.
3. Stir in onion and tomato.
4. Homemade guacamole can be eaten right away or chilled for half an hour to marinate before serving.

Nutrition Facts

Serving Size (62g)		Servings Per Container	
Amount Per Serving			
Calories 70	Calories from Fat 50		
	% Daily Value*		
Total Fat 5g			8%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 5g			2%
Dietary Fiber 3g			12%
Sugars 1g			
Protein 1g			
Vitamin A 4%		Vitamin C 15%	
Calcium 0%		Iron 2%	
*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

Adapted from: All Recipes

Makes 11 servings (62 g /serving) • 1 serving = 3 Tbsp (45 mL)

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