



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**



Perfect Guacamole

Servings

12 to 14 servings

Ingredients

- 6-8 avocados (cubed)
- 1/3 cup fresh cilantro leaves (chopped)
- 2 tomatoes (diced)
- ½ red onion (diced)
- ½ lime (juiced)
- 1/3 large jalapeno (minced)
- salt and pepper to taste

Directions

1. Put avocados in a large mixing bowl and mash with a fork until desired texture is reached (cubes break up to make a creamy texture, yet some chunks remain)
2. Add in cilantro, lime juice, salt and pepper and continue to mash
3. Once desired texture is reached, add tomatoes, red onion, and jalapenos and slowly fold to mix
4. Chill for at least an hour
5. Guacamole can be eating with almost anything! You can scoop it on something simple like corn tortilla chips, carrots, or peppers. You can also add a dollop to your meal for extra flavor!

Nutrient content per serving

- Calories- 131cals
- Carbs- 9g
- Protein- 2g
- Fat- 11g
- Sodium- 17mg
- Fiber- 5.5g

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