

## Chunky Guacamole

A good guacamole recipe is hard to come by, but the search ends here. This recipe is DELICIOUS and loaded with the vegetables to pack more flavor. It is the perfect addition to a meal or as a dip. Avocados offer Vitamin K, Vitamin E, Pantothenic acid (B5), and pyridoxine (B6). A common myth is that avocados are a good source of Omega 3s; however, one would need to eat many avocados to have get enough Omega 3 to have a therapeutic effect (1.5-3.0 g / day of Omega 3s reduces risk of heart disease – which is 7.9-15.7 cups of avocado). Avocados are mainly monounsaturated fats- particularly oleic acid (Omega-9). They do have some polyunsaturated fats; for 1 cup of avocado, there is 2.51 g linoleic acid (Omega 6) and 0.19 g linolenic acid (Omega 3).

### **Ingredients:**

4 medium	Avocados, ripe
½ small	Onion, finely diced
2 each	Roma tomatoes, diced
3 tbsp	Fresh cilantro, chopped
1 large	Jalapeno pepper, seeded, finely diced
2 cloves	Garlic, minced
1 each	Lime, juiced
1 each	Lemon, juiced
½ tsp	Salt
1 cup	Sweet corn kernels, cooked and cooled (can be fresh, frozen, or canned; this is also optional)

### **Directions:**

1. Cut avocados in half. Remove the pit. Take a spoon and scoop out the filling, separating the avocado skin from the filling of the avocado. Put in a bowl then mash until the avocado is as chunky or smooth as you desire.
2. Prepare the rest of the ingredients as directed in the ingredients list. Then, add all the ingredients into the mashed avocado and mix.
3. Serve and enjoy!

### **Nutrition Facts:**

Servings: 6

Serving Size: 1 serving (201 g)

Chunky Guacamole		
Nutrition Facts		
Serving Size: 1 Servings		
Amount Per Serving	% Daily Value*	
Calories	185.8 kcal	9 %
<b>Total Fat</b>	14.2 g	22 %
Saturated Fat	2 g	10 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	208.2 mg	9 %
<b>Total Carbohydrate</b>	16 g	5 %
Dietary Fiber	7.6 g	30 %
Sugars	3.4 g	
<b>Protein</b>	3 g	6 %
Vitamin A	15 %	Vitamin C 44 %
Calcium	3 %	Iron 5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at <a href="http://cronometer.com">cronometer.com</a>		