



## March 17- Guacamame – Happy Saint Patrick’s Day!

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=205895>

### Recipe

#### *Ingredients:*

- 1 pound shelled edamame
- 1 teaspoon salt
- 1 Tablespoon chopped garlic
- 5 Tablespoon olive oil
- 1 Tablespoon fresh lime juice
- 1 teaspoon sugar
- ½ teaspoon black pepper

#### *Directions:*

1. Combine all ingredients in food processor and puree until smooth.

Yield 10 servings

### **Nutrition Facts**

Serving Size 1/2 cup (56.27g)  
Servings Per Container 10

#### **Amount Per Serving**

**Calories** 120      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 1g      **6%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 240mg      **10%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 2g      **10%**

Sugars 1g

**Protein** 5g      **10%**

Vitamin A 0%      •      Vitamin C 6%

Calcium 2%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.