



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.