



**September 16- Vegetable Packed Guacamole- Happy Guacamole Day!**

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=364991>

**Recipe**

*Ingredients:*

- 2 avocados
- 1 lemon, juiced
- 2 Tablespoons cilantro
- 1 small tomato
- 1 jalapeno
- ½ cup chopped green pepper
- 1 small white onion, chopped
- Salt and pepper to taste

*Directions:*

1. Mash avocado and lemon juice with a fork until fluffy and creamy.
2. Chop cilantro, tomato, peppers and onion.
3. Mix well and season with salt and pepper. Allow to rest an hour before serving so flavors mix.

Yield 8 servings

| <b>Nutrition Facts</b>                                    |                      |
|---|----------------------|
| Serving Size 1/8 recipe (129.94g)                         |                      |
| Servings Per Container 8                                  |                      |
| <b>Amount Per Serving</b>                                 |                      |
| <b>Calories</b> 120                                       | Calories from Fat 70 |
| <b>% Daily Value*</b>                                     |                      |
| <b>Total Fat</b> 8g                                       | <b>12%</b>           |
| Saturated Fat 1.5g  | <b>8%</b>            |
| Trans Fat 0g  |                      |
| <b>Cholesterol</b> 0mg                                    | <b>0%</b>            |
| <b>Sodium</b> 0mg   | <b>0%</b>            |
| <b>Total Carbohydrate</b> 10g                             | <b>3%</b>            |
| Dietary Fiber 6g  | <b>22%</b>           |
| Sugars 3g   |                      |
| <b>Protein</b> 2g   | <b>4%</b>            |
| Vitamin A 6%  | • Vitamin C 60%      |
| Calcium 2%  | • Iron 0%            |
| * Percent Daily Values are based on a 2,000 calorie diet. |                      |