

Fresh Guacamole

Ingredients:

- 3-4 ripe avocados
- 1 1/2 tablespoons lime juice
- 2 Roma tomatoes, diced
- 1/4 cup finely minced onion
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, or more to taste
- Optional: 1 to 2 teaspoons minced jalapeño



Directions:

1. Cut avocados in half, lengthwise and remove the pit. Scoop out the flesh and add to a bowl.
2. Add lime juice, mash until creamy.
3. Add tomato, onions, cumin, salt, and diced peppers (if using).
4. Taste the guacamole and adjust with additional salt, peppers, or lime juice.

Serve immediately or cover with plastic wrap by pushing the plastic wrap directly onto the guacamole.

Nutrition Facts

Servings: 7

Amount per serving

Calories 185

% Daily Value*

Total Fat 16.9g 22%

Saturated Fat 3.5g 18%

Cholesterol 0mg 0%

Sodium 174mg 8%

Total Carbohydrate 9.7g 4%

Dietary Fiber 6.3g 23%

Total Sugars 1.6g

Protein 2g

AVOCADO

(*persea americana*)



Avocado is in the same family of flowering plants as cinnamon, Lauraceae!

AN AVOCADO IS A BERRY, NOT A VEGETABLE!

Avocado also known as alligator pear, avocado pear or butter pear is a fruit, more specifically a large berry containing a single seed. The avocado tree is native to Mexico and Central America.



A ripe avocado yields to gentle pressure when held in the palm of the hand and squeezed.

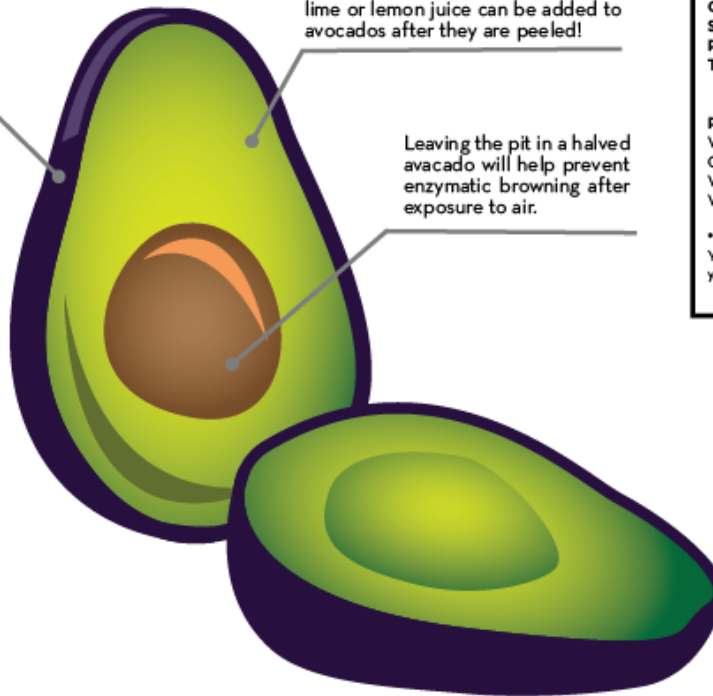
The flesh is prone to "enzymatic browning"; it turns brown quickly after exposure to air. To prevent this, lime or lemon juice can be added to avocados after they are peeled!

Leaving the pit in a halved avocado will help prevent enzymatic browning after exposure to air.

MAJOR PRODUCERS OF AVOCADO



Country	Quantity (tons)	World Rank
Mexico	1,264,141	1
Chile	368,568	2
Dominican Republic	295,080	3
Indonesia	275,953	4
United States of America	238,544	5
Colombia	215,095	6
Peru	212,857	7
Kenya	201,478	8
Brazil	160,376	9
Rwanda	143,281	10
China	108,500	11



Amount Per 1 avocado, (201 g)		% Daily Value*	
Calories 322			
Total Fat 29 g			44%
Saturated fat 4.3 g			21%
Polyunsaturated fat 3.6 g			
Monounsaturated fat 20 g			
Cholesterol 0 mg			0%
Sodium 14 mg			0%
Potassium 975 mg			27%
Total Carbohydrate 17 g			5%
Dietary fiber 14 g			56%
Sugar 1.3 g			
Protein 4 g	8%		
Vitamin A	5%	Vitamin C	33%
Calcium	2%	Iron	6%
Vitamin D	0%	Vitamin B-6	25%
Vitamin B-12	0%	Magnesium	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITIONAL COMPOSITION



Fat	77%
Carbohydrates	19%
Protein	4%