

Twisted Guacamole

4 Servings • 1 Serving = ¼ Cup

Tips on Avocado



How To Store

Store avocado on countertop if not ripe. Once ripe, refrigerate.



How To Use

Add to salad, make into guacamole, or use as a sandwich spread.



Health Benefits

Heart health; promotes healthy cholesterol levels. Lowers risk of some cancers.

INGREDIENTS

- 1 large avocado
- ½ teaspoon onion powder
- ½ teaspoon curry powder
- 2 Tablespoons cilantro, finely chopped
- Juice of 1 lime, to taste
- ¼ cup pomegranate seeds

DIRECTIONS

- Split the avocado in half, remove the seed and scoop out the flesh into a large bowl. Lightly mash.
- Stir in the cilantro, onion and curry powders.
- Add lime juice, to taste and stir gently.
- Add pomegranate seeds and stir again.

Nutrition Facts

4 servings per container
Serving size 1/4 Cup (57g)

Amount per serving
Calories 90
% Daily Value*

Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 25mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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