

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

- 2 medium avocado
- ½ teaspoon onion powder
- ½ teaspoon curry powder
- 2 Tablespoons cilantro, finely chopped
- 2 Tablespoons lime juice, to taste
- ¼ cup pomegranate seeds

DIRECTIONS

1. Split the avocado in half, remove the seed and scoop out the flesh into a large bowl. Lightly mash.
2. Stir in the cilantro, onion and curry powders.
3. Add lime juice, to taste and stir gently.
4. 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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Guacamole Retorcido

4 Porciones • 1 Porción = ¼ Taza

Consejos sobre el aguacate



Cómo almacenar

Guarde el aguacate sobre la encimera si no está maduro. Una vez maduro, refrigerar.



Cómo Utilizar

Agréguelo a la ensalada, conviértalo en guacamole o úselo para untar en sándwiches.



Beneficios de la Salud

La salud del corazón; Promueve niveles saludables de colesterol. Reduce el riesgo de algunos cánceres.

INGREDIENTES

- 1 aguacate grande
- ½ cucharadita de cebolla en polvo
- ½ cucharadita de curry en polvo
- 2 cucharadas de cilantro, finamente picado
- 2 cucharadas 1 lima, al gusto.
- ¼ de taza de semillas de granada

DIRECCIONES

- Parte el aguacate por la mitad, quita la semilla y saca la pulpa en un tazón grande. Triture ligeramente.
- Agrega la cebolla, el curry en polvo y el cilantro.
- Agregue jugo de limón al gusto y revuelva suavemente.
- Agrega las semillas de granada y revuelve nuevamente.

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