

Twisted Guacamole

4 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- 1 large avocado
- 2 Tablespoons white onion, finely chopped
- Pinch curry powder
- 2 Tablespoons cilantro, finely chopped
- Juice of 1 lime, 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 onion, curry powder, and cilantro.
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**

Amount per serving
Calories 70

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 222mg	4%

*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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