



Guacamole

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

175.5 calories, 12.38 g carbohydrate, 7.71 g fiber, 4.67 g NET carbs, 2.55 g protein, 14.9 g fat

Ingredients

- 2 Tbsp(s) chopped organic red onion
- 1 medium organic tomato
- 2 medium(s) organic avocados
- 1/2 tsp(s) sea salt
- 1 Tbsp cilantro, chopped
- 1 whole lime, juiced
- 1/2 tsp(s) cumin
- 1 clove garlic, minced

Preparation

1. Quarter tomato, discard seeds, and dice.
2. Halve and pit avocados. Scoop avocado flesh into a bowl and mash.
3. Stir in tomatoes and remaining ingredients.
4. To allow flavors to meld, let stand at room temperature for 1 hour before serving.

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