

Guacamole

Traffic light category: **Green**

Makes: 1 cup

Ingredients

- » 1 ripe avocado, halved, peeled and stones removed
- » ½ small red onion, finely chopped
- » 1 ripe small tomato, finely chopped
- » 1 garlic clove, crushed
- » 1 small fresh red chilli, deseeded, finely chopped
- » 30ml fresh lime juice
- » Ground black pepper, to taste

Method

1. Place the avocado flesh in a medium bowl and use a fork to mash until almost smooth
2. Add the onion, tomato, garlic, chilli and lime juice and use a spoon to mix well
3. Taste and season with pepper if necessary.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	325g	100g
Energy	1462kJ	500kJ
Protein	5g	1.5g
Total fat	32.4g	9.9g
Saturated fat	7.2g	2.2g
Carbohydrate	5.3g	1.6g
Sugars	4.9g	1.5g
Dietary fibre	7.5g	2.3g
Sodium	18.5mg	5.7mg

