

Low-Carb Guacamole



Serves 6

Ingredients:

- 2 to 3 ripe avocados
- 1 to 2 garlic cloves
- 1 lime, juiced
- 1/2 white onion
- 1/2 cup fresh cilantro
- 1 tomato, diced
- Salt and pepper, to taste

Instructions:

1. Peel the avocados and mash with a fork, grate or chop the onion finely, squeeze the lime and pour in the juice.
2. Add tomato and finely chopped cilantro. Salt and pepper and blend well.

Note: For an even quicker guacamole, crush 2–3 ripe avocados with a fork, add 2 tablespoons sour cream, lime juice and salt.

Nutrition per $\frac{1}{6}$ recipe: Calories 125; Total Fat 10.5 g; Saturated Fat 1.5 g; Monounsaturated Fat 6.7 g; Polyunsaturated Fat 1.3 g; Total Carbohydrates 8.5 g; Dietary Fiber 5.1 g; Sugar Alcohols 0.1 g; Sugars 1.3 g; Protein 1.7 g; Sodium 34 mg