

Perfect Chunky Guacamole | A Flavor Journal Food Blog.

Yield: 3 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/best-mexican-food-recipe-blog>

Ingredients:

- 2 avocados large
- 1/2 cup white onion finely chopped
- 1/2 cup tomato freshly chopped, de-seeded and finely chopped
- 1/2 jalapeno de-seeded and finely chopped, 2 Tbsp.
- 2 cloves garlic minced
- 2 tablespoons chopped cilantro finely
- 1/2 lime
- salt
- pepper

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Fat: 20 grams
4. Fiber: 12 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 270 milligrams
8. Sugar: 4 grams

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