

Kid-Friendly Guacamole

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/east-kid-friendly-guacomole-recipe>

Ingredients:

- 2 avocados
- 1/2 lime
- 1 clove garlic
- 1 teaspoon chipotles in adobo minced, or 2 t chili powder, or to taste
- 1/2 teaspoon cilantro
- 1/2 teaspoon kosher salt or to taste

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Fat: 15 grams
4. Fiber: 7 grams
5. Protein: 2 grams
6. SaturatedFat: 2 grams
7. Sodium: 560 milligrams
8. Sugar: 1 grams

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