

# Real Guac – An Authentic Guacamole

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/guacamole-real-authentic-mexican-guac-recipe-genius>

## Ingredients:

- 1/2 small onion red or white finely chopped
- 1 lime juiced
- 2 avocado large ripe
- 1 handful fresh coriander finely chopped
- salt
- pepper
- 1/2 tablespoon olive oil optional

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 12 grams
3. Fat: 17 grams
4. Fiber: 8 grams
5. Protein: 2 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 200 milligrams
8. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Real Guac – An Authentic Guacamole above. You can see more 18 guacamole real authentic mexican guac recipe genius Experience culinary bliss now! to get more great cooking ideas.