

Mango Guacamole with Avocados From Mexico

Yield: 8 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/taco-recipe-from-mexico>

Ingredients:

- 4 avocados ripe, diced, recommended: Avocados From Mexico
- 1 mango ripe, diced
- 4 green onions sliced thinly
- 1 red onion small, diced
- 1 lime
- 1/2 cup cilantro fresh minced
- 1 jalapeño finely minced, remove the seeds and membranes to keep it milder
- salt
- pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 18 grams
3. Fat: 15 grams
4. Fiber: 9 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 105 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Mango Guacamole with Avocados From Mexico above. You can see more 20 taco recipe from mexico Cook up something special! to get more great cooking ideas.