

# Italian Guacamole Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-guacamole-recipe>

## Ingredients:

- 3 Roma tomatoes seeded and chopped
- 1 avocado large, chopped
- 1/4 red onion small, very thinly sliced
- 1/4 cup fresh basil lightly packed, thinly sliced
- 1 clove garlic pressed or microplaned
- salt
- pepper
- 1 lemon
- balsamic vinegar drizzle
- extra virgin olive oil drizzle

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 13 grams
3. Fat: 13 grams
4. Fiber: 6 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 200 milligrams
8. Sugar: 3 grams

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