

National Spicy Guacamole Day | Spicy Guacamole

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-national-day-bread-recipe>

Ingredients:

- 3 Haas avocados halved, seeded and pieces scooped out
- 1 lime juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 onion medium, diced
- 1 jalapeno pepper seeded and minced
- 2 Roma tomatoes seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic minced

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 20 grams
3. Fat: 23 grams
4. Fiber: 12 grams
5. Protein: 4 grams
6. SaturatedFat: 3 grams
7. Sodium: 310 milligrams
8. Sugar: 4 grams

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