

# Helka's Copycat Chipotle Guacamole

THE JAMES  
Mobile  
Education  
Kitchen

## Diabetes Friendly

**Makes:** 6 servings

### Ingredients:

- 3 avocados, halved, peeled
- ½ red onion, diced
- 1 jalapeno, diced
- 1 cup cilantro, chopped
- 1 lime, juiced
- 1 lemon, juiced
- Salt and pepper, to taste

### Directions:

1. In a bowl, add the halved avocados, diced red onion, diced jalapeno, cilantro, lime juice, lemon juice, and salt and pepper. Mash with a potato masher.

Helka's Guacamole		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>122.1</b>	
	% Daily Value*	
Total Fat	10.5 g	14 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	7.3 mg	0 %
Total Carbohydrate	8.2 g	3 %
Dietary Fiber	5 g	18 %
Total Sugars	1 g	
Added Sugars	0 g	0 %
Protein	1.6 g	
Vitamin D	0 mcg	0 %
Calcium	14.5 mg	1 %
Iron	0.5 mg	3 %
Potassium	394.6 mg	8 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

