



RECIPE COURTESY OF ELLIE KRIEGER OF THE FOOD NETWORK KITCHEN



Chunky Guacamole

Ingredients

2 firm-ripe avocados, diced (1 1/2 cups)

1/3 cup chopped red onion

1/4 cup fresh cilantro leaves, coarsely chopped

1 1/2 tablespoons fresh lime juice

Salt

Directions

In a medium bowl, combine all the ingredients and toss gently to combine

Nutritional Analysis Per Serving

Calories 101 calorie

Total Fat 9 grams

Saturated Fat 1 grams

Carbohydrates 6 grams

Dietary Fiber 4 grams

Protein 1 grams

<https://www.foodnetwork.com/recipes/ellie-krieger/chunky-guacamole-recipe-1917066#/>