

John's Macro Manager and Meal Planner

Guacamole

Makes 800 gram(s)



A brilliantly healthy dip

Guacamole ingredients

510 gram(s) Avocado, raw

0.25 cup(s) Cream, sour, regular fat

100 gram(s) Lime, native, fruit

100 gram(s) Onion, mature, white skinned, peeled, fresh or frozen, raw

0.25 gram(s) Pepper, ground, black or white

0.25 gram(s) Salt, rock

100 gram(s) Tomato, common, raw

How to make Guacamole

Step 1: Remove the avocado pits.

Step 2: Mash the avocados in a bowl and stir until creamy.

Step 3: Add the sour cream, diced onion and tomatoes.

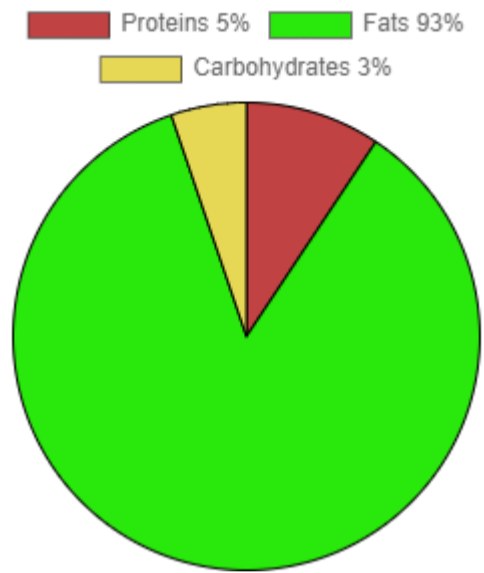
Step 4: Salt, pepper and lime juice to taste

Step 5: Serve in a bowl and enjoy with Keto Crackers

Nutrition Facts		
Guacamole		
Amount Per Serving		
Calories	1246.58	64%* 1140.57
% Daily Value*		
Total Fat	126.73g	84%
Total Carbohydrates	7.75g	16%
Protein	13.87g	14%

* Percent Daily Values are based on the goals you've set and should not be taken as a recommendation.

Macronutrient Ratio



1.2M 448.6K 111.7K

June 10, 2019 Posted by **John Byrne** In : [Side Dish](#)