Healthy Recipe: Guacamole

This is one of the easiest, most nutritious snacks to throw together on short notice.

November 14, 2022

With plenty of heart-healthy fat, guacamole is a great calorie-dense choice for those who are going through medical treatment and need to make every bite count.

Servings: 6

Ingredients: 7

Prep: 15 minutes

Ingredients

3 ripe avocados, halved and pitted

2 tablespoons white or red onion, finely chopped

½ cup lime juice or to taste

Salt, to taste

2 tablespoons cilantro, chopped

6 cherry tomatoes, chopped (optional)

1 jalapeño, deseeded and minced (optional)

Directions

1. Use a spoon to scoop out the avocado flesh into a medium bowl.
2. Add the onion, lime juice, salt, cilantro, tomatoes and jalapeño, if you decide to use it.
3. Mix together, breaking up the avocado with the spoon, leaving it chunky (or blending until smooth, if preferred). Taste for seasoning. Serve immediately with tortilla chips, or cover with plastic wrap touching the guacamole and chill until ready to serve.

Nutrition Facts (per serving)

Calories: 170; fat: 15 g; saturated fat: 2 g; polyunsaturated fat: 2 g; monounsaturated fat: 10 g; carbohydrates: 11 g; sugar: 2 g; fiber: 7 g; protein: 2 g; sodium: 324 mg

©2022 Fred Hutchinson Cancer Research Center, a 501(c)(3) nonprofit organization. Used by permission.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/article/healthy-guacamole-recipe