

MAKE THIS GAME DAY GUAC RECIPE

NACHO AVERAGE GUAC

🥗 4 servings

🍽️ 160 calories

IT'S ALWAYS GOOD!



INGREDIENTS

- 🥑 2 ea. Avocados From Mexico, cubed
- 🥑 1 c. Nacho cheese flavored corn chips
- 🥑 1/2 c. Green onions, chopped
- 🥑 1/2 c. Queso fresco, crumbled
- 🥑 1/2 c. Tomato, diced
- 🥑 1 t. Lime juice
- 🥑 Salt, to taste
- 🥑 Sour cream, to garnish



Nutrition Facts

4 SERVINGS PER CONTAINER	
Serving size	1 serving (160g)
Calories	260
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 190mg	8%
Total Carbohydrates 15g	5%
Dietary Fiber 8g	27%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D .5mcg	2%
Calcium 130mg	10%
Iron .8mg	4%
Potassium 600mg	15%

* 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.

INSTRUCTIONS

1. In a small bowl, slice avocados into cubes and stir in lime juice. Salt to taste.
2. Add green onion, queso fresco and tomatoes to guacamole mixture and gently stir until well combined.
3. On a large plate, evenly distribute chips. Top chips with guacamole and garnish with sour cream.

ALWAYS A GOOD BOWL

