


MAKE THIS GAME DAY GUAC RECIPE

# CHAMPIONSHIP GUAC









 10 servings

 380 calories

IT'S ALWAYS GOOD!

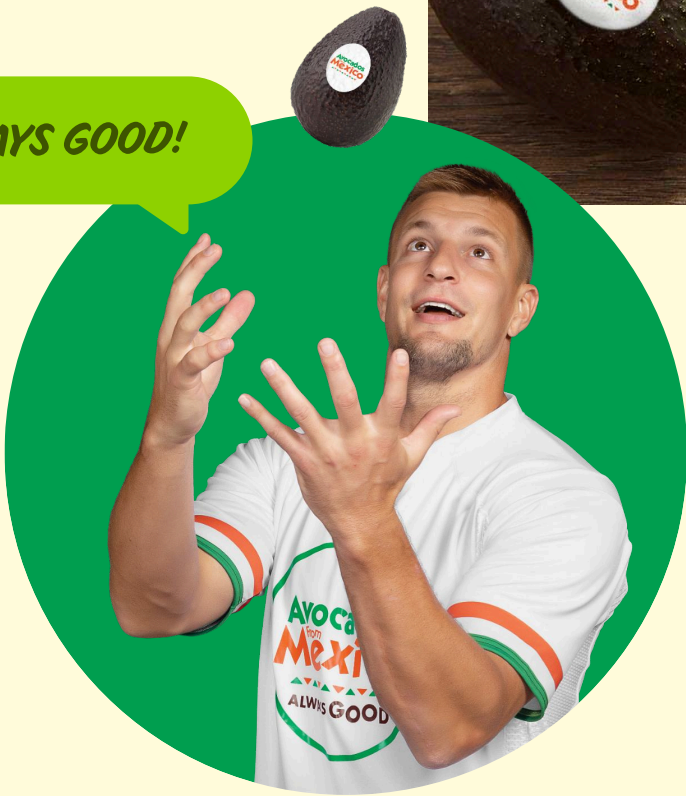


## INGREDIENTS

-  5 ea. Avocados From Mexico, peeled and pitted
-  1 ea. Lemon, juiced
-  1/2 c. White onion, finely chopped
-  1 c. Tomatoes, diced
-  1/2 c. Cilantro, chopped
-  1 lb. Bacon, fried
-  1/2 t. Garlic powder
-  Salt and pepper, to taste

## INSTRUCTIONS

1. Prepare avocado. Place the avocados and lemon juice in a bowl and mash with a fork. When you have a creamy texture, add the onion, tomatoes and cilantro.
2. Prepare bacon. Cut the bacon into squares with scissors and put it in a hot skillet and cook over heat medium for 15 minutes or until golden. Transfer to a plate to drain excess fat and let cool.
3. Prepare guacamole. Add the bacon, garlic powder, pepper and salt to the guacamole and mix well.
4. To serve, put guacamole in a bowl and serve with tortilla chips or crackers (optional).



### Nutrition Facts

10 SERVINGS PER CONTAINER	
Serving size	1 serving (517g)
Calories	380
% Daily Value*	
<b>Total Fat 31g</b>	<b>39%</b>
Saturated Fat 8g	<b>38%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 770mg</b>	<b>34%</b>
<b>Total Carbohydrates 45g</b>	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 18g</b>	
Vitamin D .0018mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 770mg	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.

ALWAYS A GOOD BOWL

