

HOW TO MAKE GUACAMOLE (AND STORE IT!)

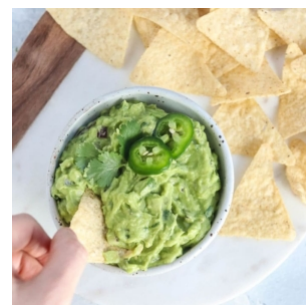
★★★★★

COURSE: SIDE DISH CUISINE: MEXICAN

KEYWORD: AVOCADO, DIP, GUACAMOLE, SNACK

PREP TIME: 10 MINUTES TOTAL TIME: 10 MINUTES SERVINGS: 4

CALORIES: 166KCAL AUTHOR: MEGAN GILMORE



Here's how to make PERFECT GUACAMOLE, using ripe avocados, lime juice, jalapenos, and cilantro. It's easy and tastes like Chipotle's! Storage tips included to prevent browning.

INGREDIENTS

- 2 ripe avocados (I use Hass variety)
- 1/4 cup red onion , finely diced (or shallot)
- small handful fresh cilantro , finely chopped
- 1 tablespoon lime juice , freshly squeezed
- 1/4 teaspoon fine salt , plus more to taste
- 1/3 jalapeno , finely chopped (with or without seeds)

INSTRUCTIONS

1. In a large bowl, add the avocados, diced onion, fresh cilantro, lime juice, salt, and jalapeno. (Add the jalapeno seeds for extra spicy guacamole, or leave them out for a more mild flavor.)
2. Use a fork to mash everything together until relatively smooth. Taste and adjust the seasoning as needed. I usually add an 1/8 teaspoon more salt, but that varies depending on the size of the avocados I use each time.
3. Serve right away, or store in an airtight container in the fridge for up to 48 hours. (See storage tips in the post above.)

NUTRITION

Calories: 166kcal | Carbohydrates: 9g | Protein: 2g | Fat: 14g | Saturated Fat: 2g | Sodium: 152mg | Potassium: 502mg | Fiber: 6g | Sugar: 1g | Vitamin A: 160IU | Vitamin C: 13.3mg | Calcium: 12mg | Iron: 0.6mg

<https://detoxinista.com/how-to-make-guacamole/>