

Easy Guacamole



This is a fresh, acidic, quick guacamole to whip up when you don't know what to do with your ripe avocados. Perfect for summer. Enjoy as a snack, a garnish, or as an appetizer. Enjoy!

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 265

Fat 22

Carbohydrates 14

Fibre 10

Protein 3

Sodium 160

Ingredients

- 3 ripe avocados
- 45 ml (3 tbsp) finely diced red or yellow onion
- The juice of one lime (or 15 ml (1 tbsp))
- Jalapeño, thinly diced, to taste (optional)
- 1 ml (¼ tsp) salt

Preparation

1. Combine all the ingredients in a bowl and mash with a fork.
2. Adjust ingredients as desired and serve

Notes

For optimal taste and consistency, serve immediately.

For a more classic guacamole recipe, add cilantro, garlic, and tomatoes



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