MEXICAN · SIDE · SNACK

Best Ever Guacamole

Guacamole

10 min · Serves 4 · 194 kcal a serve · Video 4:58 · Downshiftology

Vegan · Paleo · Gluten-free ingredients · No nuts listed

8 g fibre and under 5 g net carbs a serve, with most of the fat from avocado. Just avocado, lime, tomato, onion, jalapeño, garlic and cilantro, with no dairy, sugar or fillers. A good source of folate and vitamin C.

Diet notes: Keto (4.7 g net carbs a serve).

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Ingredients 8 · SERVES 4

- [ ] 3 **ripe avocados**
- [ ] **Lime juice**: juice of 1 lime
- [ ] ½ small **yellow onion**, finely diced
- [ ] 2 **Roma tomatoes**, seeds removed, diced
- [ ] 1 **jalapeño**, seeds removed, finely diced
- [ ] 2 **garlic** cloves, minced
- [ ] 3 tbsp finely chopped **fresh cilantro**
- [ ] ½ tsp **sea salt**

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Halve the avocados with a large knife, remove the pits and scoop the flesh into a bowl with a large spoon. 1:03
2. Add the lime juice and mash with a big fork to the texture you like. 1:38
3. Dice the onion, scrape the seeds out of the tomatoes and dice them, and finely dice the jalapeño. Add them all to the avocado. 1:56
4. Mince the garlic and add it with the cilantro and ½ tsp salt. Stir everything together and taste. 3:00
5. To keep leftovers green, press them flat in a container, cover with a layer of cold water and refrigerate. Pour the water off and stir before serving. 4:15

> **Tip** Buy avocados with the little stem still attached; if it's gone, the flesh underneath is more likely to have brown spots.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
194 kcal	2.8 g	13 g	8.2 g	17 g	300 mg
810 kJ	6% of a day	4.7 g net · 2.2 g sugars	29% of a day	2.4 g saturated	13% of a day
		5% of a day		21% of a day	

Energy from net carbs 10% · protein 6% · fat 84% — fits keto: 4.7 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin C 25% · Folate 25% · Vitamin K 24% · Vitamin B6 21%

Source of (10–19%) Vitamin E 18% · Potassium 14%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=-mHfm9FGmGI. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-best-ever-guacamole