



Pineapple Guacamole

Servings: 4

Recipe courtesy of
Prescribe Nutrition

What you'll need



bowl



measuring
cups

Ingredients

2 avocados ripe, pitted

¼ red onion finely diced

¼ cup fresh cilantro finely chopped

½ cup pineapple fresh or frozen
(thawed), finely chopped

½ jalapeno seeded, minced
(optional)

1 lime juiced

sea salt to taste

pepper to taste

Directions

1. Scoop the avocado flesh into a bowl. Using a fork, mash the avocado until somewhat smooth.
2. Add the onion, cilantro (¼ cup), pineapple (½ cup), jalapeno and lime juice.
3. Mix well to combine and then season with salt and pepper to taste.
4. Serve with chips, tacos, etc.



Nutrition Facts

Servings 4

Amount Per Serving

Calories 224

% Daily Value

Total Fat 19.7g **25%**

Saturated Fat 4.1g **21%**

Cholesterol 0mg **0%**

Sodium 39mg **2%**

Total Carbohydrate 13.9g **5%**

Dietary Fiber 7.7g **28%**

Sugars 3.2g

Protein 2.3g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 1mg **5%**

Potassium 546mg **12%**



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