Hescott Nutrition Services

Kale and Edamame Guacamole

Prep Time	15 mins
Total Time	15 mins
Meal Type	Snack,Side
Contributed By	LivingPlateRx
Source	Living Plate
Servings	12

Ingredients

lb,c | g,ml

- 4 avocados
- 4 cup shelled edamame, *defrosted* (peas work well too)
- 2 cup kale, *spines removed and chopped*
- 1/2 cup lime juice
- 2 cup cherry tomatoes, *chopped*
- 1/4 cup red onion, *chopped*
- 2 Cloves garlic, *pressed or minced*
- 2 tsp ground cumin
- 1 tsp salt
- hot sauce, *as desired*

Directions

Prep

1. Remove spines and chop kale.
2. Juice lime.
3. Chop cherry tomatoes.
4. Press or mince garlic cloves.

Make

1. Cut avocados in half, remove pit, and scoop flesh into food processor. Add beans, kale, and lime juice and pulse until creamy. Add some water if you need some more creaminess or more lime juice to increase tartness.
2. Add tomatoes, onion, garlic, cumin to processor and pulse until just combined
3. Stir in hot sauce and salt to taste.
4. Serve with baked chips and raw vegetables.

Notes

If storing, place in dish, squeeze lime juice on surface and place film of waxed paper or parchment over top before covering. Don't know how to remove an avocado pit? Check out this video: https://www.youtube.com/watch?v=eGd6GfHG77I

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **196**

Amount/serving	% Daily Value*
Total Fat 13.1g	20%
Saturated Fat 2.3g	11%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 203mg	8%

Amount/serving	% Daily Value*
Total Carbohydrates 15g	5%
Dietary Fiber 9g	35%
Total Sugars 5g	
Protein 9g	

Vitamin D 0mcg 0% · Calcium 61mg 6% · Iron 2mg 9% · Potassium 677mg 14%

* The percent 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.

- Show all nutrients -