

# EDAMAME GUACAMOLE

## Ingredients:

| Amount  | Item                      |
|---------|---------------------------|
| 2       | small avocados            |
| 1/2 cup | frozen shelled edamame    |
| 1/4 cup | red onion, finely chopped |
| 1/4 cup | cilantro, chopped         |
| 1/2     | lime, juiced              |
| 1/2 tsp | garlic powder             |
| 1/2 tsp | salt                      |



Servings: 12



## Directions:

1. Prepare 3/4 cup shelled edamame according to package directions.
2. Blend edamame in food processor.
3. In a medium bowl, combine the processed edamame with the remaining ingredients.
4. Serve with veggies or chips!

## Nutrition Facts

12 servings per container  
Serving size 1 Tbsp. (47g)

Amount per serving  
**Calories 60**

% Daily Value\*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 4g 1%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 0mg 0%

Potassium 174mg 4%

\*The % Daily Value 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.