



Guacamole (Chunky)



No. B-006-00

Yield 100 Portions

Each Portion 2 Tbsp (1 oz)

Appetizer

Go for Green® Color and Sodium Codes

Green (Eat Often) Low Sodium

Ingredients

Ingredient	Measure	Weight	Approx. Issue
AVOCADOS, FRESH, PEELED & PITTED, RIPE	2-¾ qt	6 lb	8 lb 11 oz (19 to 20 avocados)
TOMATOES, FRESH, SEEDED, DICED ¼-INCH	2-¾ cups	1 lb 2 oz	1 lb 14 oz
ONIONS, FRESH, RED, PEELED, MINCED	¾ cup	6 oz	6-¾ oz
JUICE, LIME, FRESH	½ cup	4-¼ oz	9 oz
GARLIC, FRESH, MINCED	¼ cup	1-¾ oz	1-¾ oz
SALT	1-½ tbsp	¾ oz	
CILANTRO, FRESH, MINCED	¼ cup	½ oz	¾ oz
PEPPERS, JALAPENO, CANNED, MINCED	1 tsp	¼ oz	

Nutrition Facts

Calories 28

Carbohydrates 2 g

Sugars* 0 g

Protein 0 g

Fat 2 g

Saturated Fat 0.4 g

Cholesterol 0 mg

Sodium 95 mg

Calcium 4 mg

Fiber 1.2 g

PEPPER, BLACK, GROUND

1 tsp

1/12 oz

Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit and vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Slice through each avocado lengthwise to the pit; separate the avocado halves; remove the pit from each avocado individually right before scooping out the flesh into a large mixing bowl to prevent rapid discoloration of the avocado flesh.
- 3 Combine avocados, tomatoes, red onions, lime juice, garlic, salt, cilantro, jalapeno peppers and black pepper by coarsely mashing with a solid pronged wire whip or potato masher. Mash lightly but thoroughly leaving moderate size chunks of avocado throughout the guacamole mixture. Do not overmix.
- 4 Transfer to serving pans. Cover surface of guacamole with plastic wrap. CP: Refrigerate for cold service at 41°F (5°C).

Recipe Notes

1. The texture of the guacamole should not be smooth throughout or over blended but have a lumpy-creamy mouthfeel.
2. In Step 4, 1-No. scoop may be used to portion the guacamole.
3. Serve with firm tortilla chips, crackers or fresh-cut vegetables.
4. Menu Pairing Suggestion: Serve guacamole as an optional topping or spread for grilled burgers or chicken sandwiches, or offer as a condiment at the deli bar.