



Guacamole (Creamy)



No. B-006-02

Yield 100 Portions

Each Portion 2 Tbsp (1 oz)

Pan Size and Number Mixing Bowl

Appetizer

Go for Green® Color and Sodium Codes

Yellow (Eat Occasionally) Low Sodium

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/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Combine salad dressing, onions, lime juice, salt, chili powder, black pepper and granulated garlic in a separate small mixing bowl; mix well. Set aside for use in Step 5.
- 3 Slice through each avocado lengthwise cutting around the pit; separate the avocado halves; remove the pit from each avocado right before scooping out the flesh into a large mixing bowl (this will help prevent rapid discoloration of the avocado flesh).
- 4 Coarsely mash the avocado with a solid pronged wire whip or potato masher. Mash lightly but thoroughly leaving moderate size chunks of avocado.
- 5 Gently fold mayonnaise mixture into avocados just until the ingredients are evenly mixed. There should be moderate sized chunks of avocado throughout the guacamole mixture (it can be mashed to a smoother

Nutrition Facts

43 Calories

2 g
Carbohydrates

0 g Sugars*

0 g Protein

4 g Fat

0.6 g Saturated
Fat

1 mg Cholesterol

100 mg Sodium

3 mg Calcium

1.2 g Fiber

Ingredients

Ingredient	Measure	Weight	Approx. Issue
AVOCADOS, FRESH, PEELED & PITTED, RIPE	2 qt + 3-½ cups	6 lb	8 lb 11 oz (19 to 20 avocados)
SALAD DRESSING, MAYONNAISE TYPE, LIGHT	1-¾ cup	14-¾ oz	
ONIONS, FRESH, PEELED, MINCED	¾ cup	6 oz	6-¾ oz
JUICE, LIME, FRESH	½ cup	4-¼ oz	9 oz
SALT	1 tbsp	0.64 oz	
CHILI POWDER	1 tbsp	0.26 oz	
GARLIC, GRANULATED	¾ tsp	0.09 oz	
PEPPER, BLACK, GROUND	1 tsp	0.08 oz	

consistency if intended as a sandwich spread).

- Transfer to serving pans. Cover surface of guacamole with plastic wrap. CP: Hold for cold service at 41°F (5°C).

Recipe Notes

- In Step 2, 14 oz (1-¾ cups) of nonfat, plain Greek yogurt may be substituted for the light mayonnaise.
- In Step 6, 1-No 30 scoop may be used to portion the guacamole.
- Serving Suggestions: Serve with tortilla chips, crackers or fresh-cut vegetables. Guacamole may also be offered/used as a topping or spread for grilled burgers, chicken sandwiches, cold sandwiches, tacos, enchiladas, or burritos.
- Depending on the intended use, the texture of the guacamole can be slightly chunky to moderately smooth.
- If guacamole is to be prepared well before service, the avocado can be mashed with the lime juice and the remaining dressing ingredients can be mixed then layered over the mashed avocado completely covering it. The dressing can then be mixed in with the mashed avocado shortly before service. This will help prevent browning of the guacamole.
- * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.