



## GUACAMOLE

Guacamole is a traditional dip eaten in Mexico. Try it with breadsticks, vegetable sticks, or toasted baguette.

You can buy it in the shops but it's so easy to make yourself at home using avocados, lime juice, onion, tomatoes and coriander, and for some extra zing try adding a mild chilli.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; snip herbs with scissors; mash; use a citrus squeezer; tidy away.

**Equipment:** Pestle & Mortar, Knife, Chopping Board, Mixing Bowl

### Ingredients:

- 2 mild chillies, finely chopped
- Coriander, chopped
- 2 tomatoes, de-seeded and chopped
- 1 onion, finely chopped
- 3 ripe avocados
- 1/2 lime, juice only

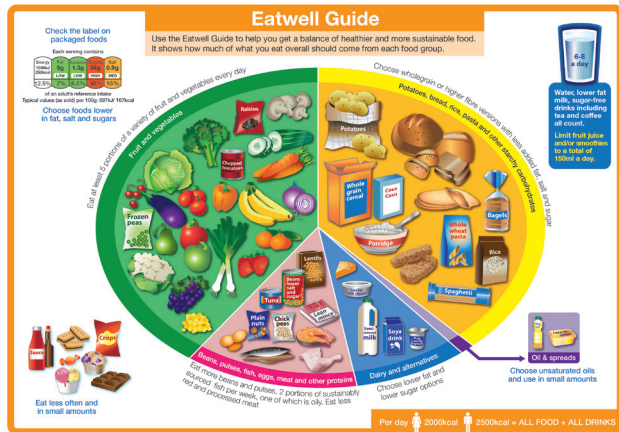
### Method

1. In a pestle and mortar, crush the chillies, coriander, tomatoes and onion to a fine paste.
2. Add a little water and lime juice to make a looser mixture.
3. Mash in the avocados and serve immediately.



## GUACAMOLE

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Guacamole ...

**Avocados** are a good source of a range of vitamins (C, E and B6), minerals and fibre. They are high in calories and fat, but the type of fat they contain is considered to be a 'healthy' fat (monounsaturated fat).

**Tomatoes** are really good for us containing plenty of vitamins and minerals. They also contain lycopene, a type of antioxidant which can help protect us against certain diseases.



### Energy, sugar, fat and salt per serving

Per serving

**ENERGY**  
722KJ / 175kcal

9%

MED

**FAT**  
14.9g

21%

MED

**SATURATES**  
3.1g

16%

LOW

**SUGARS**  
3.8g

4%

LOW

**SALT**  
Trace

<1%

% of an adult's reference intake

Typical values per 100g : Energy 1023kJ / 247kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage