



Mann's Nourish Bowls® Southwest Chipotle Guacamole

Servings

8

Calories

250

Prep Time

5 minutes

Total Time

5 minutes

Skill Level

Easy

Ingredients

1 Mann's Nourish Bowls® Southwest Chipotle

4 Del Monte® Fresh Hass avocados, ready to mash

½ cup diced white onion, (optional)

Juice of 2 limes

½ cup chopped cilantro leaves, (optional)

Salt and pepper, to taste

1 bag Tortilla Chips



The Method

Prepare Mann's Nourish Bowls® Southwest Chipotle according to directions. Let cool.

Open avocados and scoop out the flesh. Mash the flesh with a fork. Add the fully cooled Mann's Nourish Bowls® Southwest Chipotle. And stir thoroughly. Stir in any extras to your liking. Serve with tortilla chips.

Note: Store prepared avocado may be used.

Nutrition Facts

Serving Size: 172g | Servings: 8

Amount Per Serving

Calories 250 | Total Fat 16g (sat fat 2g trans 0g) | Cholesterol 0mg | Sodium 110mg | Total Carbohydrate 27g | Dietary Fiber 4g |

Sugars 2g (Includes 0g Added Sugars) | Protein 5g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 10%

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