MEXICAN · SIDE · SNACK

Frontera Grill Guacamole

15 min · Serves 5 · 153 kcal a serve · Video 8:39 · Rick Bayless

Vegan · Gluten-free ingredients · Nut-free

Mostly avocado, so each serve gives about 6 g of fibre and plenty of monounsaturated fat, plus vitamin K and folate, with no dairy or added sugar.

Diet notes: Keto (3.2 g net carbs a serve).

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Ingredients 7 · SERVES 5

- [ ] 3 medium **ripe Hass avocados** (about 570 g whole), soft enough to mash
- [ ] ½ **lime**, juiced (about 1 tbsp) to start, plus a little more to taste
- [ ] a scant teaspoon of **salt**, plus a little more after adding the vegetables
- [ ] 1 **serrano chilli**, finely chopped with seeds (or 2 for more heat)
- [ ] 1 small **ripe tomato** (80–160 ml), finely diced
- [ ] 60–120 ml finely chopped **white onion**, rinsed
- [ ] 2–5 tbsp chopped **coriander**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Choose avocados that give under firm pressure near the stem end. Halve them around the pit, twist apart, remove the pits and scoop the flesh into a bowl. 0:54
2. Season with salt and a squeeze of lime, just enough to brighten (about ½ lime for 3 avocados). Mash with a potato masher, leaving some chunks, then stir and taste. 2:39
3. Finely chop the serrano (seeds and all), the tomato and the white onion, and chop the coriander. Rinse the onion under cold water and shake it dry. 5:26
4. Fold the chopped vegetables and coriander into the avocado, taste again and add a little more salt or lime if needed. Serve straight away. 7:17

> **Tip** Serves 4–6, the cook says. He serves it with tortilla chips; vegetable sticks or baked tortilla wedges are lighter. Press cling film onto the surface to slow browning.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
153 kcal	**2.2 g**	**9.8 g**	**6.6 g**	**13 g**	**400 mg**
640 kJ	4% of a day	3.2 g net · 1.7 g sugars	23% of a day	1.9 g saturated	17% of a day
		4% of a day		17% of a day	

Energy from net carbs 9% · protein 6% · fat 85% — fits keto: 3.2 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin K 24% · Folate 20%

Source of (10–19%) Vitamin C 17% · Vitamin B6 16% · Vitamin E 14% · Potassium 11%

Recipe and video: Rick Bayless (@rickbayless) on YouTube — youtube.com/watch?v=3fwqY9CUvOc, published 23 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bayless-frontera-guacamole