

# Avocado Cilantro Cream

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 3 cups

Ingredients	Quantity	Measure
Avocados, fresh, ripe	6	each
Cilantro, fresh, chopped	1	cup
Lime juice	¼	cup
Salt	2	tsp.

## Preparation

In a food processor, blend the avocados, lime juice, and salt. Transfer to a bowl and fold in cilantro.

## Serving Information

Serve as a topping for tacos, burritos, or nachos.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 501 Total Fat: 42g Saturated Fat: 5.8g Monounsaturated Fat: 26.7g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 25.4g Fiber: 18.7g Total Sugar: 1.2g Protein: 5.5g Sodium: 1575mg Vitamin A: 37µg Vitamin C: 31.4mg Calcium: 43mg Iron: 1.8mg Folate: 247µg

