

Jalapeño Guacamole



A colorful and zesty speed-scratch guacamole featuring hints of garlic, onion and heat from Fire Roasted Jalapeños.

Yield	6-1/4 lbs.
Serves	50
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	2 qts		Avocado	pulp
45	oz	2 qts		Jalapeno Pico De Gallo - prepared	(see recipe)

Preparation Steps

1. Fold avocado pulp together with Minor's® flavored Jalapeno Pico de Gallo.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	64
Energy (KJ)	267.9
Protein (g)	1
Carbohydrate, total (g)	4.3
Fats, total (g)	5.4
Sugars, total (g)	1
Fats, saturated (g)	0.8
Fiber, total dietary (g)	2.7
Sodium (mg)	14.9
Calcium (mg)	7.7
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	0.7
Vitamin A (µg_RAE)	13.5
Vitamin C (mg)	7.6
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Poblano Guacamole



Mix together poblano avocado pulp with jalapeño corn salsa, ripe mango and black beans for an authentic addition to any meal.

Yield	1/3 cup
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz	1/4 cup		Poblano Avocado Pulp - prepared	(see recipe)
1/2	oz	1 tbsp		Jalapeno Corn Salsa - prepared	(see recipe)
1	tsp			Mango, ripe	diced
1/2	oz	1 tbsp		Black beans, cooked	

Preparation Steps

1. Mix chosen Minor's flavored Avocado Pulp with chosen Minor's flavored salsas and condiments to create a custom guacamole.

Chef's tip

Serve with healthy chips. For additional flavored guacamole concepts, see the Signature Condiments matrix.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	114.7
Energy (KJ)	482.3
Protein (g)	2.7
Carbohydrate, total (g)	10.7
Fats, total (g)	7.8
Sugars, total (g)	1.7
Fats, saturated (g)	1.1
Fiber, total dietary (g)	4.9
Sodium (mg)	109.3
Calcium (mg)	13.7
Cholesterol (mg)	0
Iron (mg)	0.7
Fats, monounsaturated (g)	5.1
Fats, polyunsaturated (g)	1.1
Vitamin A (µg_RAE)	84.8
Vitamin C (mg)	16.9
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.