

## METABOLIC NUTRITION PROGRAM

### Spicy Avocado Spread

Adapted from Karen Ferries, RD

Servings Per Recipe: 6

Serving Size: 3-4 Tablespoons

Per Serving: 80 Calories, 2.2 gm Protein, 5 gm Fat, 8 gm Carbohydrates

- 1 ripe medium avocado
- $\frac{3}{4}$  cup canned white or cannellini beans
- 1 generous sprigs of cilantro
- 1  $\frac{1}{2}$  Tablespoons fresh lime juice (1-2 limes)
- $\frac{1}{2}$  green jalapeno, seeds removed and chopped
- $\frac{1}{2}$  teaspoon green Tabasco sauce
- $\frac{1}{4}$  teaspoon salt

### Directions

1. Rinse and drain beans. In a blender or food processor, blend all ingredients until smooth and creamy. Use as a spread for sandwiches or as a dip for vegetables.

<b>Nutrition Facts</b>	
Serving Size 3 Tablespoons (72g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 80	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	