

# Fresh Guacamole with Corn Chips

Guacamole frais et chips de maïs

10 min

Easy

320 kcal per serving

Snack

Vegan

Gluten-Free



## Ingredients

FOR ONE SERVING

|                                     |      |
|-------------------------------------|------|
| Avocado ( <i>Avocat</i> )           | 2    |
| Lime ( <i>Citron vert</i> )         | 1    |
| Tomato ( <i>Tomate</i> )            | 1    |
| Onion ( <i>Oignon</i> )             | 0.25 |
| Corn chips ( <i>Chips de maïs</i> ) | 50 g |
| Coriander ( <i>Coriandre</i> )      | 10 g |

## Nutrition facts

PER SERVING

|               |      |
|---------------|------|
| Calories      | 320  |
| Protein       | 5 g  |
| Carbohydrates | 30 g |
| Fat           | 22 g |
| Fiber         | 7 g  |

## Preparation

- 1 Cut the avocados in half, remove the pits, and scoop the flesh into a bowl.
- 2 Mash the avocado with a fork until creamy but still a little chunky.
- 3 Finely dice the tomato and onion, then chop the coriander.
- 4 Add the tomato, onion, and coriander to the avocado. Squeeze in the lime juice.
- 5 Mix gently, then season with salt and pepper to taste.
- 6 Serve the guacamole right away with the corn chips.

**GOOD TO KNOW**

For the freshest flavor, add the lime juice right after mashing the avocado.