

Chicken Guacamole

4 SERVINGS 10 MINUTES



INGREDIENTS

4 ozs Chicken Breast, Cooked
2 Avocado
2 tbsps Lemon Juice
1 Garlic (optional, clove, minced)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	206	Iron	1mg
Fat	16g	Vitamin D	0IU
Carbs	9g	Folate	83µg
Fiber	7g	Magnesium	39mg
Protein	11g	Zinc	1mg
Vitamin C	13mg		

DIRECTIONS

- 01 Shred the cooked chicken breast until no large pieces remain. Set aside.
- 02 In a mixing bowl, mash the avocado then stir in the lemon juice, garlic and sea salt. Fold in the shredded chicken. Season with additional salt or lemon juice if needed.

NOTES

RECIPE ID 311

NO LEMON

Use lime juice instead.

LEFTOVERS

Refrigerate in an airtight container for up to three days.