

MAKE THIS GAME DAY GUAC RECIPE

GRONKAMOLE

4 servings

250 calories

IT'S ALWAYS GOOD!

In an ode to his hometown, Gronk's named this Buffalo Guacamole as his very own Gronkamole. Shredded chicken, blue cheese and buffalo sauce take this guac to a flavor level worthy of a Gronk Spike, baby! Serve with corn chips or carrot sticks.

INGREDIENTS

- 2 ea. Avocados From Mexico
- 3/4 c. Chicken breast, cooked and shredded
- 1/4 c. Blue cheese, crumbled
- 3 T. Buffalo sauce
- 1 t. Lemon juice
- To taste, Salt

INSTRUCTIONS

- In a small bowl, mash avocados and stir in lemon juice.
- Add chicken, blue cheese and buffalo sauce to guacamole mixture and salt to taste.



Nutrition Facts

4 SERVINGS PER CONTAINER	
Serving size	1 serving (148g)
Calories	250
% Daily Value*	
Total Fat 19g	25%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 370mg	16%
Total Carbohydrates 9g	3%
Dietary Fiber 7g	24%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D .0018mcg (3 UI)	0%
Calcium 60mg	4%
Iron 0.81mg	4%
Potassium 560mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALWAYS A GOOD BOWL

