

Nachos with Guacamole



3.9:1 ratio

- **Preparation time:** 25 - 30 minutes
- **Cooking time:** 7 - 8 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

| Nutritional content | Quantity | | Your recipe |
|---------------------|----------|-----------|-------------|
| Fat | 56.6g | 51.6g LCT | |
| | | 5g MCT | |
| Protein | 9.6g | | |
| Carbohydrate | 4.9g | | |
| Energy (calories) | 567kcal | | |



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Nachos with Guacamole

| Ingredients | Quantity | Your recipe |
|--|------------------------------------|-------------|
| Uncooked tortilla (see recipe contains MCTprocal™) | 1 | |
| Vegetable oil* for deep fat fryer | As per manufacturer's instructions | |
| Mozzarella, grated | 20g | |
| Avocado, ripe, chopped | 30g | |
| Mayonnaise, full fat e.g. Hellman's | 20g | |
| Spring onions, finely chopped | 5g | |
| Tomatoes, finely chopped | 10g | |

*approximately 15g oil absorbed in cooking process and factored into nutritional content

Method:

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Heat vegetable oil in deep fat fryer to 180°C.
3. Cut tortilla into 8 triangular pieces, place in the frying basket and lower into oil.
4. Gently shake basket to prevent them sticking together, cook for 1 minute and turn nachos over, continue cooking for a further 90 seconds.
5. Remove basket from fryer, place nachos onto a baking sheet lined with greaseproof paper and sprinkle grated mozzarella cheese on top. Place in oven and cook for 5 minutes.
6. In the meantime, make the guacamole by adding the remaining ingredients to a bowl and mash with a fork until desired consistency.
7. Serve nachos with guacamole.



- Add chilli powder / flakes to the guacamole dip for some extra spice!

**MCTprocal is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.**