

Nachos with Guacamole



2.5:1 ratio

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

Recipe provides **approximately:**

| Nutritional content | Quantity | | Your recipe/MKD exchanges |
|---------------------|----------|---------|---------------------------|
| Fat | 55g | 50g LCT | |
| | | 5g MCT | |
| Protein | 9.6g | | |
| Carbohydrate | 4.9g | | |
| Energy (calories) | 584kcal | | |



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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 | |
| Bacon, chopped | 50g | |
| Vegetable oil (for frying bacon) | 15g | |
| Mozzarella, grated | 20g | |
| Avocado, ripe, chopped | 20g | |
| Mayonnaise, full fat e.g. Hellman's | 10g | |
| Spring onions, finely chopped | 10g | |
| 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. Heat oil in frying pan over a medium heat, add bacon and cook for 5 minutes and leave to cool.
4. Cut tortilla into 8 triangular pieces, place in the frying basket and lower into oil.
5. Gently shake basket to prevent them sticking together, cook for 1 minute and turn nachos over, continue cooking for a further 90 seconds.
6. Remove basket from fryer, place nachos onto a baking sheet with greaseproof paper and sprinkle grated mozzarella cheese on top. Place in oven and cook for 5 minutes.
7. In the meantime, make the guacamole by adding the remaining ingredients in a bowl together with the bacon and mash with a fork until desired consistency.
8. 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 allergens and other product information.**