



## 7 Minute (or so) Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 avocados pitted peeled
- 20 ounce tomatoes diced with green chile peppers (such as ro\*tel®) canned
- 3 cloves garlic minced
- 6 servings salt and ground pepper black to taste
- 1 large jalapeno minced seeded
- 2 tablespoons juice of lemon
- 2 tablespoons juice of lime
- 0.5 cup onion diced red

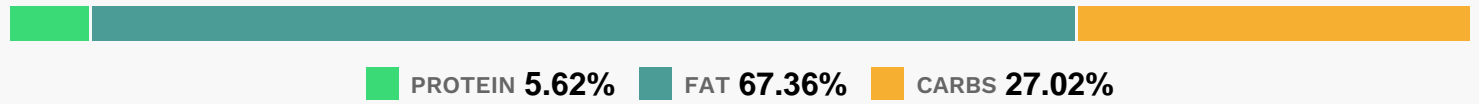
# Equipment

- bowl
- potato masher

# Directions

- Place avocado in a bowl. Splash with lime juice and lemon juice to prevent browning.
- Add diced tomatoes with green chile peppers, red onion, jalapeno pepper, garlic, salt, and pepper to the bowl; mash with a potato masher until reaching desired consistency.

# Nutrition Facts



# Properties

Glycemic Index:26.83, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:15.448695623356%

# Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

# Nutrients (% of daily need)

Calories: 241.31kcal (12.07%), Fat: 19.87g (30.57%), Saturated Fat: 2.88g (18.03%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 7.63g (2.77%), Sugar: 4.02g (4.47%), Cholesterol: 0mg (0%), Sodium: 145.54mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Fiber: 10.31g (41.23%), Vitamin C: 29.85mg (36.18%), Folate: 120.83µg (30.21%), Vitamin K: 31.58µg (30.08%), Vitamin B6: 0.5mg (24.91%), Potassium: 871.15mg (24.89%), Vitamin E: 3.52mg (23.49%), Vitamin B5: 2.02mg (20.2%), Copper: 0.33mg (16.7%), Manganese: 0.32mg (16.09%), Vitamin B3: 3.07mg (15.37%), Vitamin B2: 0.23mg (13.81%), Magnesium: 52.18mg (13.05%), Vitamin B1: 0.14mg (9.66%), Iron: 1.73mg (9.62%), Phosphorus: 95.66mg (9.57%), Zinc: 1.04mg (6.94%), Vitamin A: 335.11IU

(6.7%), Calcium: 52.88mg (5.29%), Selenium: 0.93µg (1.33%)