



All-time Favorite Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 lb avocado ripe
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 clove garlic minced pressed peeled
- ☐ 2 teaspoons jalapeño chili fresh minced
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons onion minced rinsed drained
- ☐ 4 servings salt
- ☐ 0.3 cup firm-ripe tomato chopped

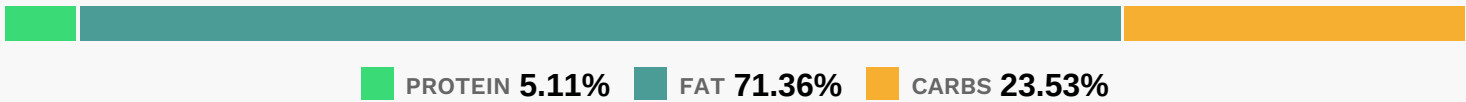
Equipment

- ☐ bowl
- ☐ potato masher

Directions

- ☐ Pit and peel avocado.
- ☐ Place in a bowl.
- ☐ Add tomato, shallots, lime juice, cilantro, and garlic. With a potato masher, coarsely mash mixture.
- ☐ Add chili and salt to taste, and mix.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:8.4995651711588%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 144.72kcal (7.24%), Fat: 12.55g (19.3%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 201.29mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.05%), Fiber: 6.11g (24.44%), Vitamin K: 19.69µg (18.75%), Folate: 73.59µg (18.4%), Vitamin C: 14.96mg (18.13%), Potassium: 472.77mg (13.51%), Vitamin B6: 0.27mg (13.36%), Vitamin E: 1.93mg (12.87%), Vitamin B5: 1.22mg (12.24%), Copper: 0.18mg (8.9%), Manganese: 0.17mg (8.3%), Vitamin B3: 1.61mg (8.04%), Magnesium: 27.97mg (6.99%), Vitamin B2: 0.12mg (6.9%), Vitamin A: 263.44IU (5.27%),

Phosphorus: 52.58mg (5.26%), Vitamin B1: 0.07mg (4.54%), Zinc: 0.6mg (4.01%), Iron: 0.59mg (3.26%), Calcium: 15.67mg (1.57%)