



Almost Guacamole

 Vegetarian  Vegan  Gluten Free

READY IN



70 min.

SERVINGS



32

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounces asparagus drained canned
- 1 cup tomatoes seeded chopped
- 0.5 cup onion chopped
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 tablespoons salad dressing reduced-fat
- 1 tablespoon juice of lime
- 3 drops hot sauce red
- 0.1 teaspoon pepper

- 1 garlic clove finely chopped
- 1 serving baked tortilla chips

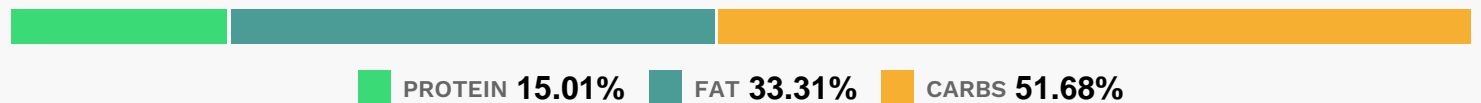
Equipment

- food processor
- blender

Directions

- Place asparagus in blender or food processor. Cover and blend on medium speed until smooth.
- Stir together asparagus and remaining ingredients except tortilla chips. Cover and refrigerate at least 1 hour to blend flavors.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:4.97, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:1.4447826108207%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 11.42kcal (0.57%), Fat: 0.46g (0.7%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.42g (0.47%), Cholesterol: 0.33mg (0.11%), Sodium: 50.59mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.93%), Vitamin K: 7.42µg (7.07%), Vitamin C: 3.28mg (3.98%), Folate: 13.48µg (3.37%), Vitamin A: 152.84IU (3.06%), Manganese: 0.03mg (1.7%), Iron: 0.28mg (1.56%), Fiber: 0.37g (1.46%), Vitamin E: 0.2mg (1.31%), Vitamin B6: 0.02mg (1.22%), Potassium: 41.7mg (1.19%), Phosphorus: 11.13mg (1.11%), Vitamin B2: 0.02mg (1.04%)