



Almost Guacamole



Vegetarian



Vegan



Gluten Free

READY IN



70 min.

SERVINGS



32

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounces asparagus drained canned
- ☐ 32 servings baked tortilla chips
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons salad dressing reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper

- ☐ 3 drops hot sauce red
- ☐ 1 cup tomatoes seeded chopped

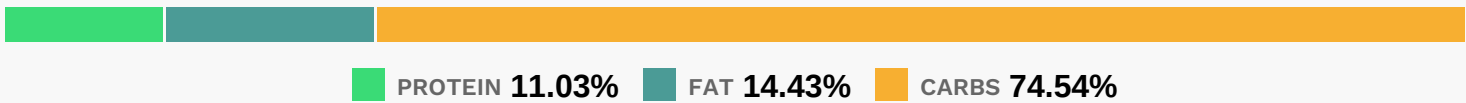
Equipment

- ☐ 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:-3, Nutrition Score:3.7934782466163%

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: 123.99kcal (6.2%), Fat: 2g (3.08%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 21.5g (7.82%), Sugar: 0.61g (0.67%), Cholesterol: 0.33mg (0.11%), Sodium: 164.24mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Phosphorus: 97.38mg (9.74%), Magnesium: 29.34mg (7.33%), Fiber: 1.8g (7.21%), Vitamin K: 7.47µg (7.12%), Selenium: 4.65µg (6.64%), Vitamin B2: 0.09mg (5.5%), Vitamin B1: 0.07mg (4.84%), Calcium: 48.04mg (4.8%), Folate: 17.82µg (4.45%), Vitamin C: 3.33mg (4.04%), Iron: 0.71mg (3.97%), Vitamin B6: 0.07mg (3.66%), Vitamin A: 181.05IU (3.62%), Potassium: 115.48mg (3.3%), Vitamin

E: 0.41mg (2.7%), Zinc: 0.39mg (2.59%), Copper: 0.05mg (2.39%), Manganese: 0.03mg (1.7%), Vitamin B3: 0.28mg (1.38%)