



Andrea's Pomegranate Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 avocados diced pitted peeled
- ☐ 2 tablespoons cilantro paste
- ☐ 0.5 cucumber diced peeled
- ☐ 0.5 bunch green onions sliced
- ☐ 1 juice of lime juiced
- ☐ 1 pomegranate separated peeled
- ☐ 8 servings salt to taste

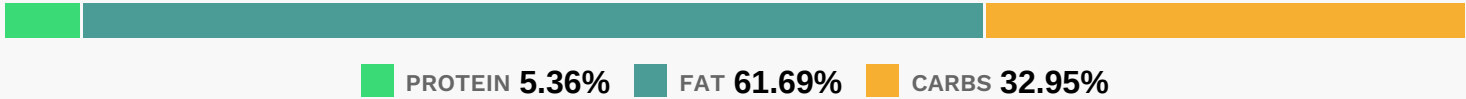
Equipment

☐ bowl

Directions

☐ Stir avocado, cucumber, green onions, pomegranate seeds, lime juice, and cilantro paste together in a bowl. Season with salt.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:4.09, Inflammation Score:-4, Nutrition Score:8.7773912885915%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 153.55kcal (7.68%), Fat: 11.53g (17.74%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 7.21g (2.62%), Sugar: 5.68g (6.32%), Cholesterol: 0mg (0%), Sodium: 200.86mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Fiber: 6.65g (26.59%), Vitamin K: 26.4µg (25.14%), Folate: 78.47µg (19.62%), Vitamin C: 13.17mg (15.96%), Potassium: 483.35mg (13.81%), Vitamin B5: 1.23mg (12.31%), Vitamin E: 1.8mg (11.98%), Vitamin B6: 0.23mg (11.61%), Copper: 0.21mg (10.74%), Manganese: 0.17mg (8.33%), Vitamin B2: 0.12mg (7.25%), Magnesium: 28.97mg (7.24%), Vitamin B3: 1.44mg (7.18%), Phosphorus: 56.95mg (5.7%), Vitamin B1: 0.08mg (5.45%), Zinc: 0.65mg (4.32%), Iron: 0.59mg (3.28%), Vitamin A: 147.13IU (2.94%), Calcium: 16.99mg (1.7%)