



## Avocado Mash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



65 kcal

SIDE DISH

### Ingredients

- 2 medium size avocados ripe coarsely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lime fresh
- 0.5 teaspoon pepper
- 0.3 teaspoon salt

### Equipment

- potato masher

## Directions

- Mash together ripe avocados and remaining ingredients with a fork or potato masher just until mixture is chunky.

## Nutrition Facts

**PROTEIN 4.63%** **FAT 74.96%** **CARBS 20.41%**

## Properties

Glycemic Index:10.4, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.5321738791207%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 64.96kcal (3.25%), Fat: 5.91g (9.1%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 61.04mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Fiber: 2.73g (10.91%), Vitamin K: 8.86µg (8.44%), Folate: 32.78µg (8.19%), Potassium: 198.48mg (5.67%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.84mg (5.59%), Vitamin C: 4.49mg (5.44%), Vitamin B6: 0.1mg (5.21%), Copper: 0.08mg (3.92%), Manganese: 0.07mg (3.53%), Vitamin B3: 0.7mg (3.52%), Vitamin B2: 0.05mg (3.11%), Magnesium: 11.97mg (2.99%), Phosphorus: 21.31mg (2.13%), Vitamin B1: 0.03mg (1.83%), Zinc: 0.26mg (1.73%), Vitamin A: 65.39IU (1.31%), Iron: 0.23mg (1.3%)