



## Bacon and Tomato Guacamole

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**3**

CALORIES



**573 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon chipotles in adobo minced
- 1.3 pounds avocado pitted ripe halved ( 3 medium)
- 0.3 cup cilantro leaves fresh plus more for garnish coarsely chopped
- 1 teaspoon kosher salt as needed plus more
- 2 tablespoons juice of lime as needed freshly squeezed plus more (from 2 medium limes)
- 5 slices bacon thick-cut crumbled cooked
- 1 medium tomatoes cored
- 0.5 medium onion white

## Equipment

- bowl
- sieve
- plastic wrap
- potato masher

## Directions

- Scoop the flesh from the avocados into a large bowl. Mash with the back of a large fork or a potato masher to make a chunky paste.
- Place the onion in a small strainer and rinse under cold water. Shake off the excess water and transfer to the bowl with the avocados.
- Add the remaining ingredients and stir to combine. Taste and season with additional lime juice and salt as needed.
- Garnish with the extra cilantro and serve immediately, or place a sheet of plastic wrap directly on the surface of the guacamole, refrigerate for up to 2 hours, then garnish with the cilantro and serve. (The plastic wrap will keep the surface of the guacamole from turning brown.)

## Nutrition Facts

  
**PROTEIN 7.98%** **FAT 77.43%** **CARBS 14.59%**

## Properties

Glycemic Index:45.67, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:22.544782654099%

## Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

## Nutrients (% of daily need)

Calories: 573.45kcal (28.67%), Fat: 51.71g (79.56%), Saturated Fat: 12.02g (75.15%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 7.88g (2.86%), Sugar: 3.62g (4.02%), Cholesterol: 39.6mg (13.2%), Sodium: 1189.24mg (51.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Fiber: 14.04g (56.18%), Vitamin K: 47.19µg (44.95%), Folate: 164.55µg (41.14%), Vitamin C: 29.23mg (35.43%), Vitamin B6: 0.71mg (35.3%), Potassium: 1178.18mg (33.66%), Vitamin B5: 3.04mg (30.37%), Vitamin B3: 6mg (29.98%), Vitamin E: 4.45mg (29.67%), Vitamin B1: 0.32mg (21.28%), Copper: 0.42mg (21.1%), Phosphorus: 201.88mg (20.19%), Selenium: 12.93µg (18.47%), Vitamin B2: 0.31mg (18.28%), Manganese: 0.35mg (17.74%), Magnesium: 69.52mg (17.38%), Vitamin A: 735.26IU (14.71%), Zinc: 2.04mg (13.57%), Iron: 1.59mg (8.85%), Vitamin B12: 0.3µg (5%), Calcium: 36.77mg (3.68%), Vitamin D: 0.24µg (1.6%)