



Bacon Guacamole



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large avocados mashed
- ☐ 4 strips bacon
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 0.5 teaspoon cumin toasted
- ☐ 1 jalapeno diced finely
- ☐ 1 juice of lime
- ☐ 0.3 cup onion diced red finely
- ☐ 4 servings salt and pepper to taste

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1 medium tomatoes diced seeded finely

Equipment

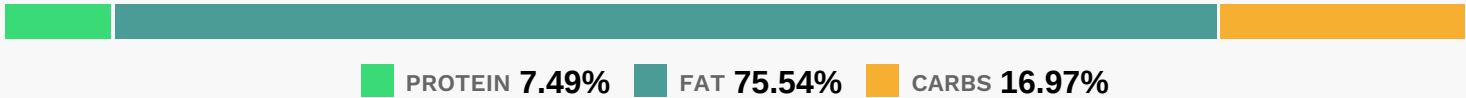
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paper towels

Directions

- ☐ Cook the bacon until crispy and set it aside on paper towels to drain.
- ☐ Mix everything.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.3, Inflammation Score:-6, Nutrition Score:12.115217372127%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 265.93kcal (13.3%), Fat: 23.65g (36.39%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.17g (2.41%), Cholesterol: 14.52mg (4.84%), Sodium: 349.12mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Fiber: 7.43g (29.72%), Vitamin C: 21.45mg (26%), Vitamin K: 24.59µg (23.42%), Folate: 89.7µg (22.42%), Vitamin B6: 0.37mg (18.61%), Potassium: 640.95mg (18.31%), Vitamin E: 2.5mg (16.64%), Vitamin B5: 1.58mg (15.79%), Vitamin B3: 2.9mg (14.48%), Copper: 0.23mg (11.42%), Manganese: 0.21mg (10.35%), Vitamin B1: 0.15mg (9.93%), Phosphorus: 97.48mg (9.75%), Magnesium: 38.24mg (9.56%), Vitamin B2: 0.16mg (9.5%), Vitamin A: 462.62IU (9.25%), Selenium: 4.91µg (7.01%), Zinc: 1mg (6.64%), Iron: 0.93mg (5.18%), Calcium: 22.52mg (2.25%), Vitamin B12: 0.11µg (1.83%)