



Baine's Guac



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 4 avocados ripe peeled halved
- ☐ 1 serrano chile pepper seeded diced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon salt
- ☐ 1 slices garnish: serrano chile
- ☐ 1 medium tomatoes diced

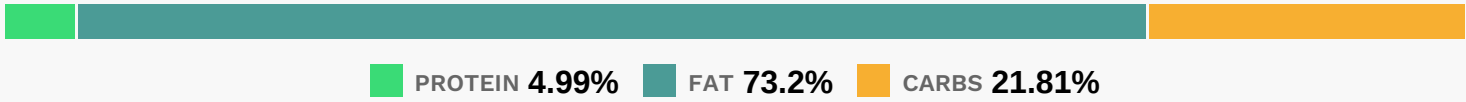
Equipment

☐ bowl

Directions

- ☐ Combine first 5 ingredients in a bowl. Coarsely mash with a fork. Stir in tomato. Chill 30 minutes.
- ☐ Garnish, if desired.
- ☐ *You may substitute 1 small jalepeo pepper, seeded and diced.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:20.308695544367%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 333.6kcal (16.68%), Fat: 29.68g (45.67%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 5.84g (2.12%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 598.55mg (26.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Fiber: 14.06g (56.26%), Vitamin C: 43.76mg (53.05%), Vitamin K: 49.34µg (46.99%), Folate: 172.19µg (43.05%), Potassium: 1097.77mg (31.36%), Vitamin B6: 0.6mg (30.21%), Vitamin E: 4.44mg (29.62%), Vitamin B5: 2.86mg (28.58%), Copper: 0.42mg (20.94%), Vitamin B3: 3.84mg (19.21%), Manganese: 0.35mg (17.43%), Vitamin B2: 0.28mg (16.46%), Magnesium: 65.04mg (16.26%), Vitamin A: 726.98IU (14.54%), Phosphorus: 117.92mg (11.79%), Vitamin B1: 0.16mg (10.45%), Zinc: 1.38mg (9.19%), Iron: 1.34mg (7.42%), Calcium: 30.28mg (3.03%), Selenium: 0.88µg (1.26%)