

Best Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons onion chopped
- ☐ 0.5 teaspoon salt

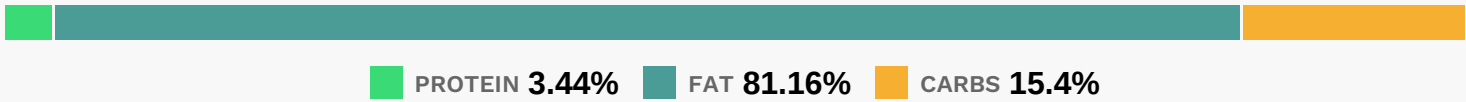
Equipment

- ☐ bowl

Directions

- ☐ Cut the avocados into halves.
- ☐ Remove the seeds, and scoop out the pulp into a small bowl. Use a fork to mash the avocado. Stir in lemon juice, onion, salt, and olive oil. Cover the bowl, and refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:4.6278260790783%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 112.75kcal (5.64%), Fat: 10.89g (16.76%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 149.05mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Fiber: 3.41g (13.66%), Vitamin K: 12.67µg (12.07%), Folate: 41.55µg (10.39%), Vitamin E: 1.55mg (10.32%), Vitamin C: 5.94mg (7.19%), Potassium: 249.36mg (7.12%), Vitamin B5: 0.7mg (7.04%), Vitamin B6: 0.13mg (6.65%), Copper: 0.1mg (4.84%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.07mg (3.9%), Manganese: 0.08mg (3.76%), Magnesium: 14.94mg (3.73%), Phosphorus: 27mg (2.7%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.33mg (2.18%), Iron: 0.3mg (1.69%), Vitamin A: 73.53IU (1.47%)