



Bryanna's Low-Fat Veggie "Guacamole"

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces extra tofu crumbled drained
- 5 ounces baby lima beans dried frozen shelled cooked (do not use , lima beans)
- 2 cloves garlic crushed
- 5 ounces green beans whole frozen thawed trimmed (or small green beans,)
- 0.5 teaspoon ground cumin
- 1 small haas avocados pitted ripe peeled cut into 1/2-inch slices
- 2 tablespoons juice of lime fresh
- 1 teaspoon salt

0.3 cup sugar hot

Equipment

food processor

bowl

blender

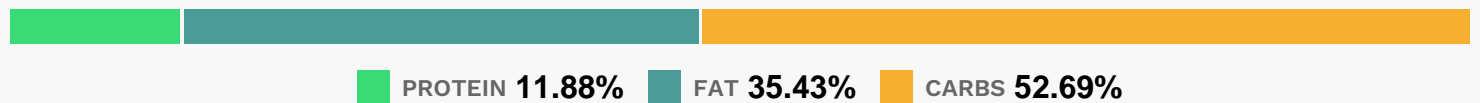
Directions

Drain the beans well and transfer them to a food processor (not a blender), along with the avocado, tofu, lemon juice, garlic, salt, and cumin. Process the mixture until smooth, stopping the machine a couple of times to scrape the sides and bottom of the bowl.

Add the salsa and pulse the mixture just until it is all mixed in. Taste for seasoning (add more citrus juice or salsa to your taste, if you like).

Transfer to a covered bowl and refrigerate.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:4.97, Inflammation Score:-3, Nutrition Score:5.9352174323538%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 100.1kcal (5%), Fat: 4.21g (6.47%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 10.99g (4%), Sugar: 7.46g (8.29%), Cholesterol: 0mg (0%), Sodium: 304.33mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Manganese: 0.31mg (15.38%), Vitamin K: 13.93µg (13.27%),

Fiber: 3.09g (12.35%), Vitamin C: 10.19mg (12.35%), Folate: 32.63µg (8.16%), Potassium: 273.63mg (7.82%), Copper: 0.15mg (7.48%), Vitamin B6: 0.14mg (6.93%), Magnesium: 26.77mg (6.69%), Iron: 1.15mg (6.39%), Phosphorus: 60.37mg (6.04%), Vitamin B1: 0.08mg (5.62%), Vitamin B2: 0.08mg (4.54%), Vitamin E: 0.66mg (4.42%), Vitamin B5: 0.44mg (4.42%), Vitamin B3: 0.88mg (4.39%), Vitamin A: 199.5IU (3.99%), Zinc: 0.45mg (2.97%), Calcium: 23.28mg (2.33%)