



## California Guacamole with Bacon

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



40

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 avocados pitted ripe peeled mashed
- 4 slices bacon crumbled crisp cooked drained
- 1 clove garlic minced
- 1 onion finely chopped
- 40 servings salt and pepper to taste
- 1 large tomatoes seeded finely chopped

### Equipment

- bowl

## Directions

- Place the avocados in a bowl, and stir in the bacon, tomatoes, onion, and garlic until well blended. Season to taste with salt and pepper.
- Add hot pepper sauce, if desired.
- Serve immediately.

## Nutrition Facts

**PROTEIN 7.31%** **FAT 71.34%** **CARBS 21.35%**

## Properties

Glycemic Index:3.38, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.0795652213628%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 37.93kcal (1.9%), Fat: 3.25g (5%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.37g (0.41%), Cholesterol: 0.79mg (0.26%), Sodium: 208.99mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Fiber: 1.45g (5.8%), Folate: 17.49µg (4.37%), Vitamin K: 4.59µg (4.37%), Vitamin C: 2.86mg (3.47%), Potassium: 116.62mg (3.33%), Vitamin B6: 0.06mg (3.19%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.3mg (2.96%), Vitamin B3: 0.46mg (2.32%), Copper: 0.04mg (2.16%), Manganese: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.75%), Magnesium: 6.88mg (1.72%), Phosphorus: 15.56mg (1.56%), Vitamin B1: 0.02mg (1.4%), Vitamin A: 67.61IU (1.35%), Zinc: 0.17mg (1.11%)