



Caribbean Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados
- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 2 to 3 garlic cloves minced
- ☐ 2 green onions diced
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup juice of lime
- ☐ 1 papaya

- ☐ 0.3 teaspoon pepper
- ☐ 1 purple onion quartered
- ☐ 0.3 teaspoon salt
- ☐ 1 tomatoes
- ☐ 3 servings garnishes: tomato rose sliced
- ☐ 0.3 to seeded

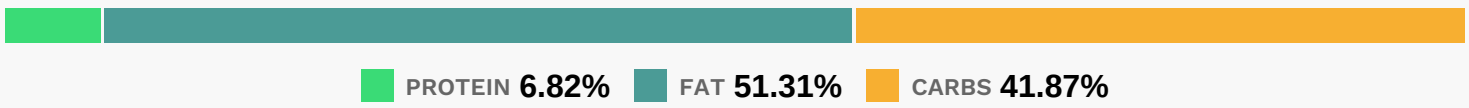
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Peel avocado and papaya.
- ☐ Cut avocado, papaya, and tomato into chunks.
- ☐ Process avocado, papaya, tomato, and remaining ingredients in a food processor until finely chopped.
- ☐ Place in a bowl, and garnish, if desired.
- ☐ Serve with Plantain Chips or tortilla chips.
- ☐ *2 to 3 jalapeno peppers may be substituted.

Nutrition Facts



Properties

Glycemic Index:125.92, Glycemic Load:9.8, Inflammation Score:-10, Nutrition Score:28.514782584232%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin:

1.81mg Naringenin: 1.58mg, Naringenin: 1.58mg, Naringenin: 1.58mg, Naringenin: 1.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

Nutrients (% of daily need)

Calories: 331.49kcal (16.57%), Fat: 20.94g (32.22%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 38.45g (12.82%), Net Carbohydrates: 23.86g (8.68%), Sugar: 16.83g (18.7%), Cholesterol: 0mg (0%), Sodium: 264.71mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin C: 118.74mg (143.92%), Vitamin K: 66.86µg (63.68%), Vitamin A: 3153.39IU (63.07%), Fiber: 14.59g (58.35%), Folate: 194.09µg (48.52%), Potassium: 1510.03mg (43.14%), Manganese: 0.67mg (33.61%), Vitamin B6: 0.66mg (32.86%), Vitamin E: 4.45mg (29.69%), Magnesium: 99.8mg (24.95%), Copper: 0.49mg (24.25%), Vitamin B5: 2.35mg (23.47%), Vitamin B3: 4.24mg (21.22%), Iron: 3.2mg (17.79%), Phosphorus: 163.27mg (16.33%), Vitamin B2: 0.27mg (16.14%), Vitamin B1: 0.24mg (15.95%), Zinc: 1.55mg (10.34%), Calcium: 99.05mg (9.91%), Selenium: 1.8µg (2.57%)