



Celery-Spiked Guacamole with Chiles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocados chopped
- ☐ 1 celery stalk finely chopped
- ☐ 0.5 cup cilantro leaves fresh chopped for serving
- ☐ 2 garlic cloves finely grated
- ☐ 8 servings kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 small onion red divided chopped
- ☐ 2 serrano chiles seeds removed if desired, finely chopped

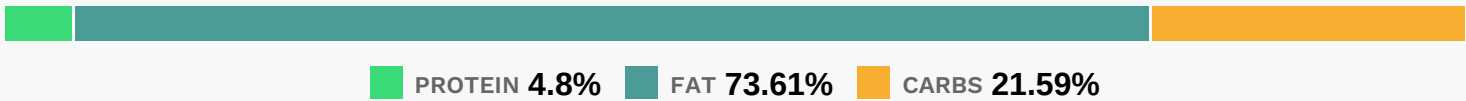
Equipment

☐ bowl

Directions

☐ Mash avocados, celery, chiles, garlic,lime juice, 1/2 of onion, and 1/2 cup choppedcilantro in a medium bowl to desiredconsistency; season with salt. Top guacamolewith remaining onion and cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:9.3013043662776%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 165.48kcal (8.27%), Fat: 14.8g (22.77%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 2.85g (1.03%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 202.21mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Fiber: 6.92g (27.69%), Vitamin K: 24.59µg (23.42%), Folate: 83.79µg (20.95%), Vitamin C: 13.18mg (15.98%), Potassium: 513.16mg (14.66%), Vitamin B5: 1.42mg (14.21%), Vitamin E: 2.13mg (14.2%), Vitamin B6: 0.28mg (14.16%), Copper: 0.2mg (10.03%), Vitamin B3: 1.8mg (9.01%), Manganese: 0.17mg (8.44%), Vitamin B2: 0.14mg (8.02%), Magnesium: 30.78mg (7.69%), Phosphorus: 56.39mg (5.64%), Vitamin B1: 0.07mg (4.89%), Vitamin A: 233.46IU (4.67%), Zinc: 0.67mg (4.48%), Iron: 0.61mg (3.39%), Calcium: 16.15mg (1.62%)