



Cheesy Black Bean Guacamole

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



327 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large avocados pitted peeled mashed
- ☐ 2 cups black beans canned rinsed drained
- ☐ 1 tablespoon cayenne pepper to taste
- ☐ 0.5 cup chives chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 large garlic cloves minced
- ☐ 1 tablespoon juice of lime
- ☐ 1.5 cups romano cheese grated

☐ 2 large tomatoes diced

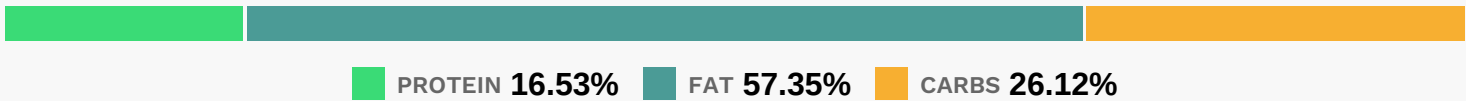
Equipment

☐ bowl

Directions

☐ Stir mashed avocado, chives, cilantro, garlic, and lime juice together in a bowl; stir in black beans, Romano cheese, tomatoes, and cayenne pepper. Refrigerate, covered, until ready to serve.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:19.507391496845%

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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 326.56kcal (16.33%), Fat: 21.97g (33.81%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 10.74g (3.91%), Sugar: 2.65g (2.94%), Cholesterol: 26mg (8.67%), Sodium: 531.1mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.5%), Fiber: 11.78g (47.11%), Vitamin K: 36.32µg (34.59%), Folate: 132.3µg (33.08%), Phosphorus: 325.32mg (32.53%), Calcium: 311.1mg (31.11%), Vitamin C: 23.72mg (28.76%), Vitamin A: 1296.3IU (25.93%), Potassium: 866.35mg (24.75%), Manganese: 0.4mg (19.98%), Vitamin B6: 0.4mg (19.95%), Vitamin B2: 0.32mg (18.68%), Vitamin E: 2.74mg (18.29%), Copper: 0.36mg (17.89%), Magnesium: 69.43mg (17.36%), Vitamin B5: 1.69mg (16.85%), Vitamin B3: 2.6mg (12.98%), Vitamin B1: 0.19mg (12.51%), Iron: 2.15mg (11.93%), Zinc: 1.76mg (11.71%), Selenium: 5.03µg (7.18%), Vitamin B12: 0.28µg (4.67%)