



## Chili Lime Avocados

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



269 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon chili powder
- 4 servings chives chopped for garnish, optional
- 2 haas avocados ripe
- 2 limes
- 3 tablespoons olive oil extra-virgin
- 0.5 teaspoon salt
- 1 teaspoon sugar

### Equipment

- bowl
- whisk
- microwave

## Directions

- Halve avocados and remove pit.
- Roll limes or heat in microwave for 10 seconds to get juices flowing. Halve the limes. Rub the avocado halves gently with 1/2 lime to retard the browning. Juice limes into small bowl and mix with sugar, chili powder and salt using a fork or small whisk.
- Add extra-virgin olive oil in a slow stream while mixing dressing.
- Pour dressing into the cavities of avocados, distributing it equally and serve.
- Garnish with chives or cilantro as an optional garnish.

## Nutrition Facts

**PROTEIN 3.18%** **FAT 78.51%** **CARBS 18.31%**

## Properties

Glycemic Index:43.52, Glycemic Load:2.26, Inflammation Score:-5, Nutrition Score:10.808260863242%

## 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 Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 268.95kcal (13.45%), Fat: 25.42g (39.1%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 5.49g (2%), Sugar: 2.26g (2.52%), Cholesterol: 0mg (0%), Sodium: 306.86mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Fiber: 7.85g (31.39%), Vitamin K: 28.47µg (27.11%), Vitamin E: 3.86mg (25.73%), Vitamin C: 19.83mg (24.04%), Folate: 84.29µg (21.07%), Potassium: 532.05mg (15.2%), Vitamin B5: 1.47mg (14.74%), Vitamin B6: 0.28mg (14.17%), Copper: 0.22mg (10.91%), Vitamin B3: 1.87mg (9.37%), Vitamin B2: 0.14mg (8.38%), Magnesium: 31.93mg (7.98%), Manganese: 0.16mg (7.76%), Vitamin A: 318.48IU

(6.37%), Phosphorus: 59.84mg (5.98%), Vitamin B1: 0.08mg (5.25%), Iron: 0.9mg (5.02%), Zinc: 0.7mg (4.69%), Calcium: 25.13mg (2.51%)