



 **55%**  
HEALTH SCORE

## Chunky Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



459 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 avocados ripe
- 1 handful cilantro leaves fresh finely chopped
- 1 garlic clove minced
- 3 juice of lime juiced
- 4 servings kosher salt and pepper black freshly ground
- 4 servings olive oil extra-virgin
- 0.5 onion red chopped
- 2 serrano chiles sliced

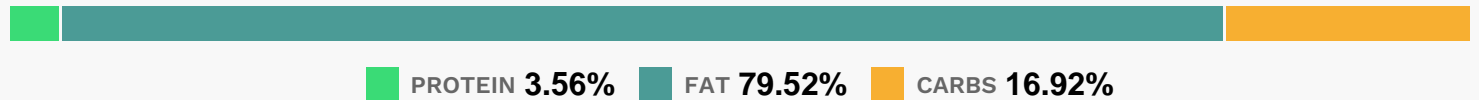
# Equipment

- mixing bowl
- plastic wrap

# Directions

- Watch how to make this recipe.
- Halve and pit the avocados. Scoop out the flesh with a tablespoon into a mixing bowl. Mash the avocados with a fork, leaving them somewhat chunky.
- Add the remaining ingredients, and fold everything together to gently mix.
- Lay a piece of plastic wrap right on the surface of the guacamole so it doesn't brown and refrigerate 1 hour before serving.

# Nutrition Facts



# Properties

Glycemic Index:40.25, Glycemic Load:1.84, Inflammation Score:-7, Nutrition Score:19.658260843028%

# Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

# Nutrients (% of daily need)

Calories: 459.04kcal (22.95%), Fat: 43.6g (67.08%), Saturated Fat: 6.22g (38.91%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 6.9g (2.51%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 16.26mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Fiber: 13.97g (55.88%), Vitamin K: 54.46µg (51.87%), Folate:

169.02µg (42.26%), Vitamin E: 6.28mg (41.84%), Vitamin C: 29.72mg (36.02%), Potassium: 1040.09mg (29.72%), Vitamin B5: 2.85mg (28.54%), Vitamin B6: 0.57mg (28.39%), Copper: 0.4mg (20.15%), Vitamin B3: 3.61mg (18.04%), Manganese: 0.34mg (17.12%), Vitamin B2: 0.27mg (16.08%), Magnesium: 62.74mg (15.69%), Phosphorus: 114.64mg (11.46%), Vitamin B1: 0.15mg (10.03%), Zinc: 1.35mg (9%), Vitamin A: 401.19IU (8.02%), Iron: 1.3mg (7.22%), Calcium: 33.37mg (3.34%), Selenium: 1.03µg (1.47%)