



Chunky Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb avocado pitted cubed peeled
- 1 tablespoon juice of lime fresh
- 0.5 teaspoon salt
- 1 Dash ground pepper red (cayenne)
- 1 medium tomatoes seeded chopped
- 1 clove garlic finely chopped
- 2 tablespoons onion white finely chopped
- 1 teaspoon cilantro leaves fresh chopped

1 serving tortilla chips

Equipment

bowl

blender

Directions

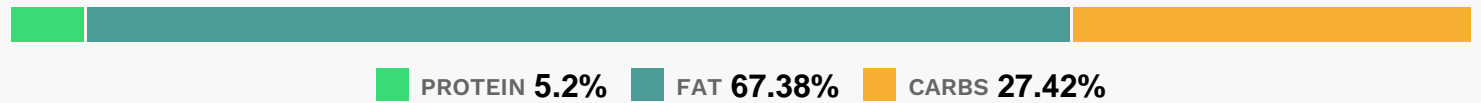
In large bowl, coarsely mash avocados, lime juice, salt and ground red pepper using pastry blender or fork.

Reserve 2 tablespoons chopped tomato for garnish. Stir remaining tomato, garlic and onion into avocado mixture. Spoon into serving bowl.

Sprinkle top with reserved 2 tablespoons tomato and the cilantro.

Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:12.44, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:2.9421739422757%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 56.04kcal (2.8%), Fat: 4.55g (7%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 2.05g (0.74%), Sugar: 0.47g (0.53%), Cholesterol: 0mg (0%), Sodium: 80.89mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Fiber: 2.12g (8.47%), Vitamin K: 6.96µg (6.63%), Folate: 24.67µg (6.17%), Vitamin C: 4.33mg (5.24%), Potassium: 162.75mg (4.65%), Vitamin E: 0.69mg (4.63%), Vitamin B6:

0.09mg (4.32%), Vitamin B5: 0.43mg (4.25%), Copper: 0.06mg (3.07%), Vitamin B3: 0.56mg (2.79%), Manganese: 0.05mg (2.71%), Magnesium: 10.8mg (2.7%), Vitamin B2: 0.04mg (2.37%), Vitamin A: 109.01IU (2.18%), Phosphorus: 21.33mg (2.13%), Vitamin B1: 0.03mg (1.7%), Zinc: 0.22mg (1.49%), Iron: 0.21mg (1.17%)