



Chunky Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb avocado pitted cubed peeled
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 medium tomatoes seeded chopped
- ☐ 16 servings tortilla chips

☐ 2 tablespoons onion white finely chopped

Equipment

☐ bowl

☐ blender

Directions

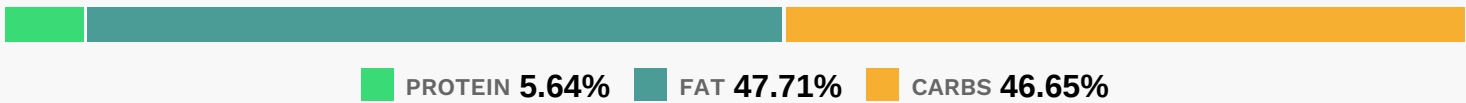
☐ In large bowl, coarsely mash avocados, lime juice, salt and ground red pepper using pastry blender or fork.

☐ 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:-3, Nutrition Score:5.1647826588672%

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: 179.94kcal (9%), Fat: 9.98g (15.36%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 18.43g (6.7%), Sugar: 0.68g (0.75%), Cholesterol: 0mg (0%), Sodium: 166.99mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Fiber: 3.53g (14.14%), Vitamin K: 12.45µg (11.86%), Vitamin E: 1.62mg (10.81%), Magnesium: 32.85mg (8.21%), Phosphorus: 80.39mg (8.04%), Vitamin B5: 0.74mg (7.36%),

Folate: 27.82µg (6.96%), Vitamin B6: 0.13mg (6.67%), Potassium: 210.52mg (6.01%), Vitamin C: 4.33mg (5.24%),
Copper: 0.09mg (4.35%), Vitamin B1: 0.06mg (4.15%), Zinc: 0.59mg (3.91%), Vitamin B3: 0.78mg (3.89%), Calcium:
34.67mg (3.47%), Vitamin B2: 0.06mg (3.45%), Iron: 0.61mg (3.39%), Manganese: 0.05mg (2.71%), Vitamin A:
109.8IU (2.2%), Selenium: 1.38µg (1.97%)