

Chunky Guacamole

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium size avocado ripe peeled mashed
- ☐ 0.3 cup nonfat process cream cheese product
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.5 cup bell pepper diced green
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 1 teaspoon juice of lime
- ☐ 0.3 cup purple onion diced

- ☐ 0.5 cup bell pepper diced sweet red
- ☐ 0.3 cup commercial dressing fat-free ranch-style
- ☐ 1 cup tomatoes diced seeded

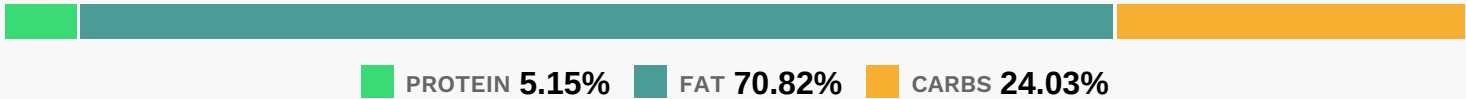
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl; stir until smooth.
- ☐ Add tomato and remaining ingredients; stir gently.
- ☐ Serve with cucumber and zucchini rounds.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:16.824782734332%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 288.14kcal (14.41%), Fat: 23.89g (36.76%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 11.63g (4.23%), Sugar: 9.54g (10.6%), Cholesterol: 27.65mg (9.22%), Sodium: 247.43mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin C: 79.11mg (95.9%), Vitamin K: 41.28µg (39.32%), Vitamin A: 1851.24IU (37.02%), Fiber: 6.61g (26.46%), Vitamin E: 3.35mg (22.35%), Folate: 84.42µg (21.11%), Vitamin B6: 0.41mg (20.69%), Potassium: 629.9mg (18%), Manganese: 0.28mg (13.92%), Vitamin B5: 1.27mg

(12.71%), Vitamin B2: 0.19mg (11.39%), Vitamin B3: 2.03mg (10.14%), Copper: 0.2mg (10.03%), Phosphorus: 96.18mg (9.62%), Magnesium: 37.22mg (9.3%), Vitamin B1: 0.12mg (7.72%), Iron: 1.08mg (6.01%), Zinc: 0.8mg (5.31%), Calcium: 45.95mg (4.59%), Selenium: 3.06µg (4.37%), Vitamin B12: 0.06µg (1.01%)