



Chunky Mango Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 medium avocados ripe
- 0.3 cup cilantro leaves fresh minced
- 1 clove garlic grated
- 0.5 to 1 habanero seeds removed unless you want it hot!), minced
- 2 juice of lime juiced
- 1 mangos diced ripe peeled
- 0.3 bell pepper diced red
- 2 tablespoons onion red minced

6 servings salt and freshly cracked pepper black

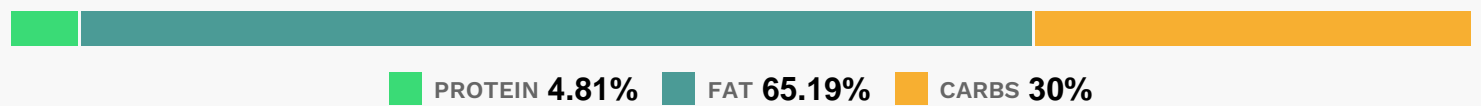
Equipment

bowl

Directions

Scoop the avocado flesh into a bowl. Mash the avocados and season with salt, pepper and lime juice. Stir in the cilantro, onions, garlic, mango, habanero and red bell pepper. Taste and adjust the seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:42.96, Glycemic Load:3.33, Inflammation Score:-7, Nutrition Score:11.854347861331%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg 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 Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 187.85kcal (9.39%), Fat: 14.94g (22.98%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 7.94g (2.89%), Sugar: 5.96g (6.63%), Cholesterol: 0mg (0%), Sodium: 202.17mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin C: 33.73mg (40.89%), Fiber: 7.53g (30.11%), Folate: 100.77µg (25.19%), Vitamin K: 25.06µg (23.87%), Vitamin E: 2.51mg (16.76%), Vitamin B6: 0.33mg (16.65%), Potassium: 580.62mg (16.59%), Vitamin B5: 1.5mg (15.04%), Vitamin A: 733.3IU (14.67%), Copper: 0.24mg (11.92%), Vitamin B3: 2.07mg (10.34%), Manganese: 0.19mg (9.47%), Vitamin B2: 0.15mg (8.98%), Magnesium: 34.82mg (8.7%), Phosphorus: 62.19mg (6.22%), Vitamin B1: 0.09mg (5.72%), Zinc: 0.71mg (4.75%), Iron: 0.68mg

(3.75%), Calcium: 19.96mg (2%), Selenium: 0.72μg (1.03%)