



Chunky Paleo Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted ripe peeled
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 jalapeno diced
- ☐ 1 juice of lime juiced
- ☐ 0.5 small onion minced
- ☐ 1 roma tomato diced seeded

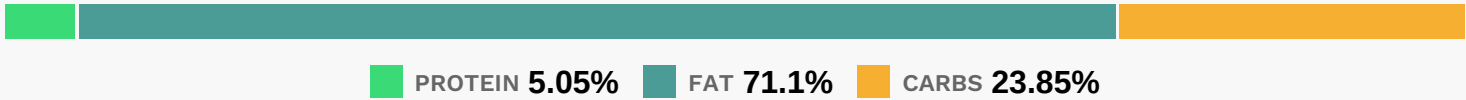
Equipment

☐ bowl

Directions

- ☐ Place avocados in a bowl. Squeeze lime juice on top and roughly smash with a fork until thoroughly mashed.
- ☐ Add jalapeno pepper, garlic, onion, tomato, cilantro, salt, and pepper; gently combine with a fork.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:6.8030434613642%

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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 114.33kcal (5.72%), Fat: 9.89g (15.22%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 5.75mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Fiber: 4.84g (19.34%), Vitamin C: 12.99mg (15.74%), Vitamin K: 15.75µg (15%), Folate: 58.13µg (14.53%), Potassium: 373.27mg (10.66%), Vitamin B6: 0.21mg (10.29%), Vitamin E: 1.54mg (10.28%), Vitamin B5: 0.97mg (9.65%), Copper: 0.14mg (7.05%), Manganese: 0.14mg (6.95%), Vitamin B3: 1.28mg (6.38%), Magnesium: 22.21mg (5.55%), Vitamin B2: 0.09mg (5.52%), Vitamin A: 216.76IU (4.34%), Phosphorus: 41.27mg (4.13%), Vitamin B1: 0.05mg (3.65%), Zinc: 0.47mg (3.14%), Iron: 0.44mg (2.44%), Calcium: 12.79mg (1.28%)