



## Citrus Infused Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 avocado pitted peeled mashed
- 0.3 cup cilantro leaves coarsely chopped
- 0.3 teaspoon ground cumin
- 0.5 tablespoon juice of lime
- 0.5 tablespoon orange juice
- 0.5 tablespoon pineapple juice
- 4 servings salt to taste

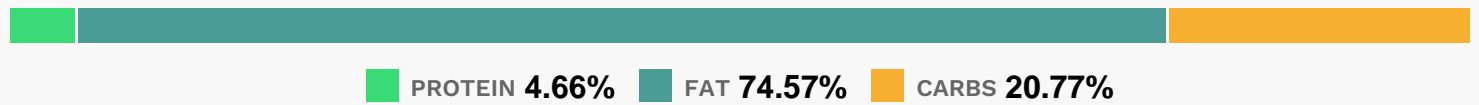
### Equipment

bowl

## Directions

- In a large bowl, stir together the avocados, lime juice, orange juice, pineapple juice, cumin, cilantro and salt.
- Mix in hot pepper sauce if using.
- Serve immediately, or refrigerate until serving.
- Place one of the avocado pits into the bowl to help keep it fresh.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:9.0747825840245%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg 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: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 163.92kcal (8.2%), Fat: 14.81g (22.79%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.07g (1.19%), Cholesterol: 0mg (0%), Sodium: 201.59mg (8.76%), Alcohol: 0g (100%), Protein: 2.08g (4.17%), Fiber: 6.79g (27.16%), Vitamin K: 24.23µg (23.08%), Folate: 83.2µg (20.8%), Vitamin C: 12.14mg (14.72%), Potassium: 503.79mg (14.39%), Vitamin E: 2.11mg (14.1%), Vitamin B5: 1.41mg (14.09%), Vitamin B6: 0.26mg (13.19%), Copper: 0.2mg (9.86%), Vitamin B3: 1.78mg (8.9%), Manganese: 0.16mg (8.09%), Vitamin B2: 0.13mg (7.88%), Magnesium: 30.48mg (7.62%), Phosphorus: 54.14mg (5.41%), Vitamin B1: 0.07mg (4.82%), Vitamin A: 221.08IU (4.42%), Zinc: 0.66mg (4.4%), Iron: 0.67mg (3.7%), Calcium: 14.75mg (1.48%)