



Classic Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large avocado pitted ripe peeled mashed
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 medium jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup onion chopped
- ☐ 1 Dash pepper
- ☐ 0.5 teaspoon salt

- ☐ 1.5 cups tomatoes finely chopped
- ☐ 12 servings tortilla chips bugles®

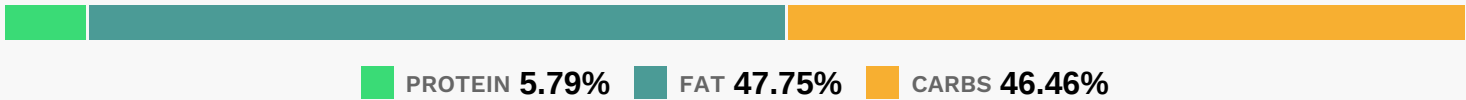
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients except snacks or chips in medium bowl.
- ☐ Serve with snacks or chips.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:6.5239131036012%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 193.41kcal (9.67%), Fat: 10.78g (16.59%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 19.43g (7.06%), Sugar: 1.37g (1.53%), Cholesterol: 0mg (0%), Sodium: 192.45mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Fiber: 4.18g (16.7%), Vitamin K: 15.04µg (14.33%), Vitamin E: 1.87mg (12.49%), Vitamin C: 10.23mg (12.39%), Magnesium: 36.55mg (9.14%), Folate: 35.74µg (8.93%), Phosphorus: 88.06mg (8.81%), Vitamin B6: 0.17mg (8.66%), Vitamin B5: 0.83mg (8.35%), Potassium: 277.15mg (7.92%), Copper: 0.11mg (5.35%), Vitamin B1: 0.07mg (4.91%), Vitamin B3: 0.97mg (4.85%), Vitamin A: 234.9IU (4.7%), Zinc: 0.65mg (4.35%), Manganese: 0.09mg (4.29%), Vitamin B2: 0.07mg (4.17%), Iron: 0.69mg (3.83%), Calcium: 38.12mg (3.81%), Selenium: 1.45µg (2.07%)