



Corn and Black Bean Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



20 min.

SERVINGS



8

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados pitted ripe peeled sliced
- 15 ounce black beans drained and rinsed canned
- 2 cloves garlic minced
- 1 pinch ground pepper black to taste
- 2 tablespoons juice of lime fresh
- 0.5 bell pepper red minced
- 0.5 onion red minced
- 0.3 teaspoon salt

15.3 ounce regular corn sweet drained canned

Equipment

bowl

Directions

Stir red bell pepper, red onion, garlic, sweet corn, black beans, and avocado slices together in a large bowl.

Mix lime juice, salt, black pepper, and cilantro into avocado mixture until desired texture is achieved.

Nutrition Facts

 **PROTEIN 10.89%**  **FAT 43.71%**  **CARBS 45.4%**

Properties

Glycemic Index:27.06, Glycemic Load:6.43, Inflammation Score:-7, Nutrition Score:13.343913130138%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 227.62kcal (11.38%), Fat: 12.08g (18.59%), Saturated Fat: 1.76g (11%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 17.91g (6.51%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 283.38mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Fiber: 10.32g (41.29%), Vitamin C: 23.33mg (28.28%), Folate: 111.04µg (27.76%), Potassium: 680.4mg (19.44%), Manganese: 0.35mg (17.67%), Vitamin B6: 0.34mg (16.94%), Vitamin B5: 1.61mg (16.14%), Vitamin K: 16.49µg (15.71%), Phosphorus: 143.83mg (14.38%), Magnesium: 56.6mg (14.15%), Copper: 0.28mg (13.96%), Vitamin B3: 2.64mg (13.21%), Vitamin B1: 0.18mg (12.32%), Vitamin B2: 0.2mg (11.89%), Vitamin E: 1.74mg (11.58%), Vitamin A: 489.32IU (9.79%), Iron: 1.73mg (9.62%), Zinc: 1.15mg (7.65%),

Calcium: 33.36mg (3.34%), Selenium: 1.25µg (1.79%)