



Corn and Black Bean Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

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
- ☐ 0.5 cup cilantro leaves fresh chopped to taste
- ☐ 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

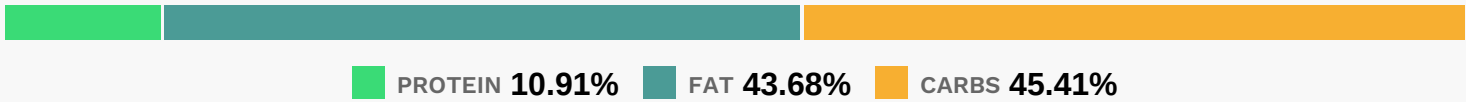
Equipment

- ☐ 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



Properties

Glycemic Index:31.06, Glycemic Load:6.43, Inflammation Score:-7, Nutrition Score:13.613043608873%

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: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 227.85kcal (11.39%), Fat: 12.09g (18.59%), Saturated Fat: 1.76g (11%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 17.92g (6.52%), Sugar: 3.63g (4.04%), Cholesterol: 0mg (0%), Sodium: 283.84mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Fiber: 10.35g (41.4%), Vitamin C: 23.6mg (28.61%), Folate: 111.66µg (27.91%), Potassium: 685.61mg (19.59%), Vitamin K: 19.59µg (18.66%), Manganese: 0.36mg (17.88%), Vitamin B6: 0.34mg (17.01%), Vitamin B5: 1.62mg (16.2%), Phosphorus: 144.31mg (14.43%), Magnesium: 56.86mg (14.22%), Copper: 0.28mg (14.07%), Vitamin B3: 2.65mg (13.27%), Vitamin B1: 0.19mg (12.37%), Vitamin B2: 0.2mg

(11.99%), Vitamin E: 1.76mg (11.75%), Vitamin A: 556.8IU (11.14%), Iron: 1.75mg (9.72%), Zinc: 1.15mg (7.68%), Calcium: 34.03mg (3.4%), Selenium: 1.26µg (1.8%)