



Corn and Cotija Guacamole (aka Esquites Guacamole)



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large avocados mashed
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 cup regular corn (- 2 ears)
- ☐ 0.3 cup cotija crumbled (or feta)
- ☐ 1 jalapeno diced finely
- ☐ 2 tablespoons juice of lime (- 1 lime)

- ☐ 0.3 cup onion diced finely
- ☐ 4 servings salt and pepper to taste

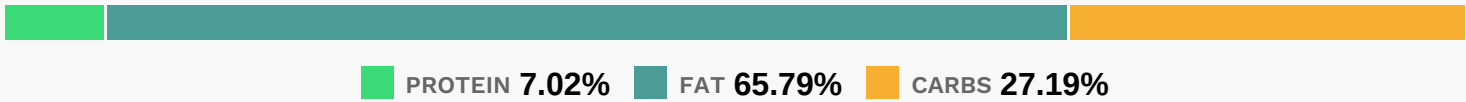
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a heavy skillet over medium-high heat, add the corn, toss and let it sit cooking until charred, about 6-10 minutes, mix it up and let it char again, about 6-10 minutes, and remove from heat.Meanwhile, prepare the remaining ingredients.
- ☐ Mix everything and enjoy!

Nutrition Facts



Properties

Glycemic Index:65.88, Glycemic Load:5.05, Inflammation Score:-6, Nutrition Score:12.405652201694%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 254.61kcal (12.73%), Fat: 20.23g (31.13%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 10.85g (3.95%), Sugar: 3.11g (3.45%), Cholesterol: 15.87mg (5.29%), Sodium: 331.29mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Fiber: 7.96g (31.83%), Folate: 97.02µg (24.26%), Vitamin C: 19.34mg (23.44%), Vitamin K: 22.72µg (21.63%), Vitamin B6: 0.38mg (19.07%), Vitamin B5: 1.83mg (18.28%), Potassium: 610.62mg (17.45%), Vitamin E: 2.36mg (15.73%), Vitamin B2: 0.24mg (14.08%), Vitamin B3: 2.56mg (12.8%), Phosphorus: 119.25mg (11.92%), Manganese: 0.23mg (11.41%), Copper: 0.22mg (11.04%), Magnesium: 43.16mg (10.79%), Vitamin A: 423.44IU (8.47%), Vitamin B1: 0.13mg (8.38%), Zinc: 1.18mg (7.89%), Calcium: 64.23mg

(6.42%), Iron: 0.83mg (4.6%), Selenium: 1.99µg (2.85%), Vitamin B12: 0.16µg (2.74%)