

Creamy Guacamole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium size avocados ripe peeled mashed
- ☐ 0.5 cup whipped cream cheese
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.3 cup green onions minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.3 cup pickled jalapeño pepper drained sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup olives ripe sliced

- ☐ 2 ounces cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup tomatoes diced seeded
- ☐ 1 teaspoon worcestershire sauce

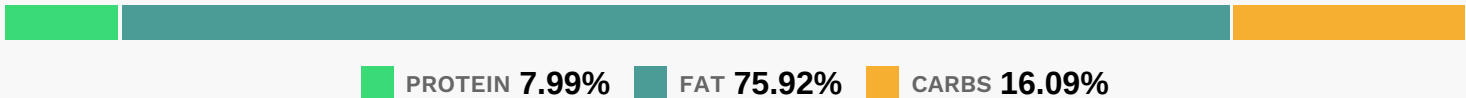
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl; stir until smooth.
- ☐ Add green onions and remaining ingredients; stir gently.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:14.21521746594%

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: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 315.58kcal (15.78%), Fat: 28.2g (43.39%), Saturated Fat: 8.99g (56.17%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 5.88g (2.14%), Sugar: 3.39g (3.77%), Cholesterol: 36.84mg (12.28%), Sodium: 275.8mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin K: 38.23µg (36.41%), Fiber: 7.57g (30.27%), Vitamin C: 21.81mg (26.44%), Folate: 95.42µg (23.86%), Vitamin E: 3.01mg (20.07%), Potassium: 639.24mg (18.26%), Vitamin A: 846.07IU (16.92%), Vitamin B6: 0.33mg (16.47%), Calcium: 162.17mg (16.22%),

Vitamin B5: 1.62mg (16.18%), Phosphorus: 155.44mg (15.54%), Vitamin B2: 0.26mg (15.43%), Copper: 0.23mg (11.71%), Magnesium: 42.09mg (10.52%), Vitamin B3: 2.04mg (10.19%), Manganese: 0.19mg (9.27%), Zinc: 1.36mg (9.06%), Selenium: 5.73µg (8.18%), Vitamin B1: 0.1mg (6.4%), Iron: 0.88mg (4.91%), Vitamin B12: 0.23µg (3.87%)