



Creamy Guacamole with Garlic



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



9

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted peeled mashed
- ☐ 3 ounces cream cheese softened
- ☐ 1 clove garlic pressed
- ☐ 4 teaspoons juice of lime
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 0.5 cup salsa
- ☐ 0.5 teaspoon salt

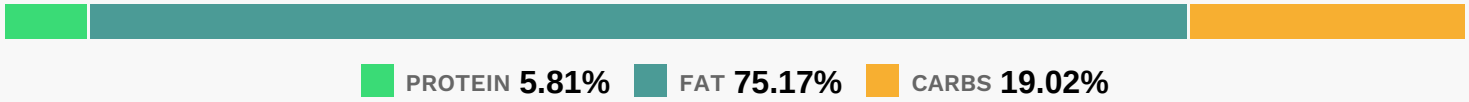
Equipment

- ☐ food processor
- ☐ mixing bowl

Directions

- ☐ Beat avocado with lime juice in a small mixing bowl; add salsa, cream cheese, garlic, salt, and hot pepper sauce.
- ☐ Transfer mixture to a food processor; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:10.78, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:4.8891304562921%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 109.81kcal (5.49%), Fat: 9.85g (15.15%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.24g (1.38%), Cholesterol: 9.54mg (3.18%), Sodium: 262.72mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Fiber: 3.27g (13.08%), Vitamin K: 10.21µg (9.72%), Folate: 37.85µg (9.46%), Vitamin E: 1.19mg (7.92%), Potassium: 270.66mg (7.73%), Vitamin B6: 0.15mg (7.54%), Vitamin B5: 0.71mg (7.08%), Vitamin C: 5.68mg (6.88%), Vitamin A: 262.96IU (5.26%), Vitamin B2: 0.09mg (5.02%), Copper: 0.1mg (4.89%), Vitamin B3: 0.95mg (4.77%), Manganese: 0.09mg (4.36%), Magnesium: 16.25mg (4.06%), Phosphorus: 38.81mg (3.88%), Vitamin B1: 0.04mg (2.56%), Zinc: 0.37mg (2.45%), Calcium: 19.58mg (1.96%), Iron: 0.33mg (1.81%), Selenium: 1.17µg (1.67%)