



Creamy Lime Guacamole



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado ripe peeled mashed seeded
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

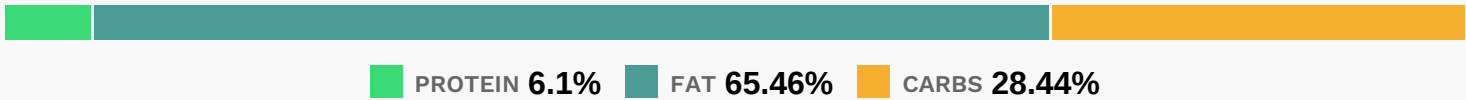
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl. Cover and chill until ready to serve.
- ☐ Serve with raw vegetables (vegetables not included in analysis).
- ☐ carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.5608695589978%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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 Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 47.12kcal (2.36%), Fat: 3.73g (5.74%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 1.91g (0.7%), Sugar: 0.27g (0.3%), Cholesterol: 0.65mg (0.22%), Sodium: 170.94mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Fiber: 1.74g (6.94%), Folate: 21.64µg (5.41%), Vitamin K: 5.63µg (5.36%), Vitamin C: 3.86mg (4.68%), Potassium: 138.48mg (3.96%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.36mg (3.56%), Vitamin B6: 0.07mg (3.43%), Vitamin B2: 0.05mg (2.65%), Copper: 0.05mg (2.57%), Vitamin B3: 0.46mg (2.28%), Magnesium: 8.88mg (2.22%), Phosphorus: 21.48mg (2.15%), Manganese: 0.04mg (2.1%), Vitamin B1: 0.02mg (1.49%), Zinc: 0.21mg (1.39%), Calcium: 13.68mg (1.37%), Vitamin A: 65.28IU (1.31%), Iron: 0.2mg (1.1%)