



Creamy, Spicy Guacamole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 large avocados diced pitted peeled
- 0.5 teaspoon cayenne pepper
- 0.3 teaspoon cumin
- 1 clove garlic minced
- 2 green onions finely chopped
- 16 servings salt and ground pepper black to taste
- 0.5 juice of lime juiced
- 1 tablespoon salsa to taste

- 1 teaspoon cup heavy whipping cream sour
- 1 tomatoes seeded chopped
- 1 teaspoon vinegar white

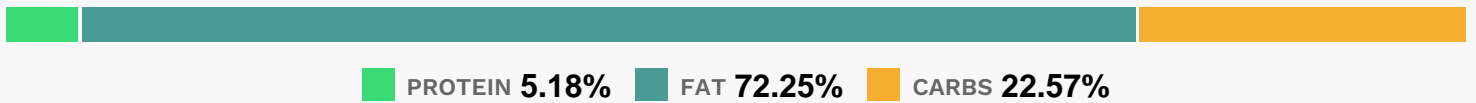
Equipment

- bowl
- plastic wrap

Directions

- Mash avocado in a large bowl. Stir tomato, green onions, lime juice, salsa, garlic, sour cream, vinegar, cayenne pepper, and cumin with the mashed avocado until evenly mixed; season with salt and black pepper.
- Cover bowl with plastic wrap and refrigerate until the flavors blend, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:3.9330434699583%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 64.09kcal (3.2%), Fat: 5.63g (8.66%), Saturated Fat: 0.83g (5.22%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.56g (0.62%), Cholesterol: 0.15mg (0.05%), Sodium: 10.05mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 11.9µg (11.33%), Fiber: 2.73g (10.91%), Folate: 32.88µg (8.22%), Vitamin C: 5.52mg (6.68%), Potassium: 213.04mg (6.09%), Vitamin E: 0.87mg (5.77%),

Vitamin B6: 0.11mg (5.52%), Vitamin B5: 0.54mg (5.38%), Manganese: 0.08mg (4.22%), Copper: 0.08mg (4.04%),
Vitamin B3: 0.73mg (3.66%), Vitamin A: 167.81IU (3.36%), Magnesium: 12.76mg (3.19%), Vitamin B2: 0.05mg (3.15%),
Phosphorus: 23.44mg (2.34%), Vitamin B1: 0.03mg (2.03%), Zinc: 0.27mg (1.8%), Iron: 0.29mg (1.63%)