



Dave's Ultimate Guacamole

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocados pitted peeled sliced
- ☐ 0.3 tablespoon garlic powder
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 0.5 cup salsa

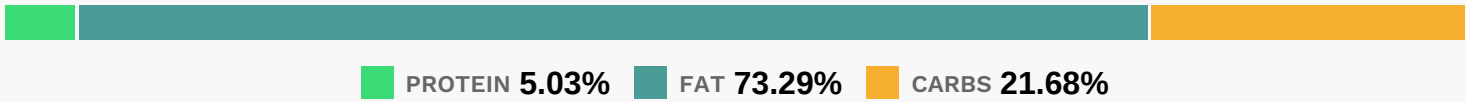
Equipment

- ☐ food processor

Directions

- ☐ Place the sliced avocados into a food processor. Set the processor on medium and slowly add salsa until the texture is lumpy.
- ☐ Add the garlic powder and hot sauce. Continue to process until smooth but not too runny. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:9.1965217486672%

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

Nutrients (% of daily need)

Calories: 166.37kcal (8.32%), Fat: 14.81g (22.78%), Saturated Fat: 2.14g (13.41%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.29g (1.44%), Cholesterol: 0mg (0%), Sodium: 120.39mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Fiber: 7.05g (28.2%), Vitamin K: 21.79µg (20.76%), Folate: 82.19µg (20.55%), Potassium: 532.69mg (15.22%), Vitamin E: 2.28mg (15.2%), Vitamin B6: 0.29mg (14.57%), Vitamin B5: 1.43mg (14.31%), Vitamin C: 10.55mg (12.79%), Copper: 0.2mg (10.15%), Vitamin B3: 1.93mg (9.67%), Manganese: 0.16mg (8.18%), Vitamin B2: 0.14mg (8.02%), Magnesium: 31.79mg (7.95%), Phosphorus: 58.52mg (5.85%), Vitamin B1: 0.07mg (4.95%), Zinc: 0.68mg (4.56%), Vitamin A: 225.13IU (4.5%), Iron: 0.64mg (3.54%), Calcium: 16.83mg (1.68%)