



Dressed Up Avocados with Serrano Ham

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



4

CALORIES



427 kcal

SIDE DISH

Ingredients

- 4 servings extra- virgin olive oil for drizzling
- 2 tablespoons cilantro leaves fresh chopped
- 3 haas avocados with spoon pitted ripe halved
- 1 juice of lemon
- 4 servings salt and pepper
- 0.3 pound serrano ham thinly sliced

Equipment

- microwave

Directions

- Halve each half avocado lengthwise and arrange quartered avocados on a platter.
- Heat lemon 10 seconds on high in microwave to get the juices flowing. Dress avocados with lemon juice, wrap with ham, then continue to dress with extra virgin olive oil, cilantro and salt and pepper, serve.

Nutrition Facts

PROTEIN 10.65% **FAT 77.58%** **CARBS 11.77%**

Properties

Glycemic Index:18, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:14.126956317736%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 427.32kcal (21.37%), Fat: 39.21g (60.33%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 3.26g (1.18%), Sugar: 1.19g (1.32%), Cholesterol: 15.2mg (5.07%), Sodium: 761.57mg (33.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Fiber: 10.13g (40.51%), Vitamin K: 40.71µg (38.77%), Vitamin E: 5.15mg (34.35%), Folate: 123.73µg (30.93%), Vitamin C: 18.03mg (21.86%), Potassium: 740.08mg (21.15%), Vitamin B5: 2.1mg (21.05%), Vitamin B6: 0.39mg (19.56%), Copper: 0.29mg (14.41%), Vitamin B3: 2.63mg (13.16%), Vitamin B2: 0.2mg (11.61%), Magnesium: 44.22mg (11.06%), Manganese: 0.22mg (10.82%), Phosphorus: 79.09mg (7.91%), Iron: 1.26mg (6.99%), Vitamin B1: 0.1mg (6.86%), Zinc: 0.97mg (6.47%), Vitamin A: 234.04IU (4.68%), Calcium: 18.93mg (1.89%)