



HEALTH SCORE

100%

Easy 3-Step Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



712 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 haas avocados ripe halved seeded



1 juice of lime juiced



0.3 cup salsa



4 oz chilis green chopped canned



1 tablespoon cilantro leaves fresh chopped



1 garlic clove finely chopped



0.3 teaspoon onion powder



1 serving ground pepper

☐ 1 serving salt

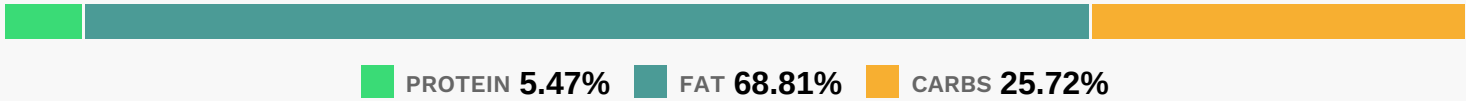
Equipment

- ☐ bowl
- ☐ blender
- ☐ potato masher

Directions

- ☐ Place avocado in a bowl and mash with a fork, pastry blender or potato masher.
- ☐ Add the remaining ingredients to the bowl and mix well.
- ☐ Season with cayenne pepper and salt to taste.

Nutrition Facts



Properties

Glycemic Index:134, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:43.456521490346%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 712.27kcal (35.61%), Fat: 59.95g (92.24%), Saturated Fat: 8.68g (54.27%), Carbohydrates: 50.41g (16.8%), Net Carbohydrates: 19.17g (6.97%), Sugar: 6.74g (7.48%), Cholesterol: 0mg (0%), Sodium: 1242.91mg (54.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Fiber: 31.24g (124.94%), Vitamin C: 92.32mg (111.9%), Folate: 396.1µg (99.02%), Vitamin K: 91.16µg (86.82%), Vitamin B6: 1.42mg (71.18%), Potassium: 2395.9mg (68.45%), Vitamin E: 10.06mg (67.03%), Vitamin B5: 5.91mg (59.15%), Vitamin B3: 8.92mg (44.6%), Copper: 0.85mg (42.43%), Vitamin A: 2020.26IU (40.41%), Manganese: 0.77mg (38.65%), Vitamin B2: 0.61mg (35.98%), Magnesium:

140.98mg (35.24%), Phosphorus: 265.7mg (26.57%), Iron: 4.35mg (24.14%), Vitamin B1: 0.33mg (22.24%), Zinc: 2.98mg (19.86%), Calcium: 128.23mg (12.82%), Selenium: 3.44µg (4.91%)