



## Easy Authentic Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 large avocado ripe (should give a little when squeezed)
- 1 jalapeno
- 2 teaspoons juice of lime
- 1 cup onion diced
- 0.1 teaspoon pepper
- 1 cup plum tomatoes diced
- 1.5 teaspoons salt

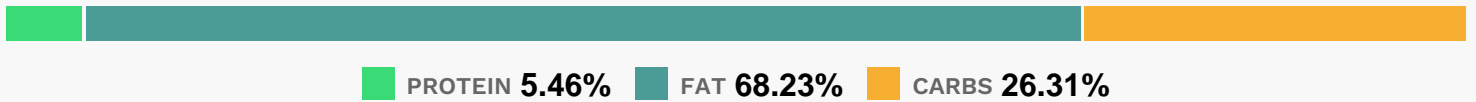
### Equipment

- bowl
- plastic wrap
- potato masher

## Directions

- Wash and discard the peels and seeds of your avocados and put the remaining flesh in a medium sized bowl.<sup>2</sup>
- Add lime juice, salt and pepper and mash into the avocado with a fork or potato masher until smooth.<sup>3</sup> Dice tomatoes, onion and jalapeño and stir into avocado mixture.
- Add more salt to taste.<sup>4</sup> **STORING:** Put into serving dish and cover with plastic wrap so that the wrap is pressed directly on top of the guacamole (eliminating air exposure) and refrigerate until ready to serve.<sup>5</sup> **OPTIONAL PREP TIPS:** Dicing Tomatoes – Half tomatoes then squeeze each half gently and use your fingers to get rid of seeds and excess juice then dice. Dicing Jalapeños – Slice the jalapeño in half lengthwise and pull out seeds and membrane. Slice lengthwise into long thin strips, then bunch the strips together and cut crosswise into very finely diced pieces. (Be sure to wash your hands and don't touch your eyes, I learned the hard way!).

## Nutrition Facts



## Properties

Glycemic Index:28.17, Glycemic Load:1.72, Inflammation Score:-6, Nutrition Score:11.083478173484%

## 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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

## Nutrients (% of daily need)

Calories: 179.76kcal (8.99%), Fat: 14.89g (22.91%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 5.17g (1.88%), Sugar: 2.96g (3.28%), Cholesterol: 0mg (0%), Sodium: 591.55mg (25.72%), Alcohol: 0g (100%), Protein: 2.68g (5.37%), Fiber: 7.74g (30.97%), Vitamin C: 20.69mg (25.08%), Vitamin K: 24.84µg (23.65%), Folate: 93.19µg (23.3%), Potassium: 628.22mg (17.95%), Vitamin B6: 0.33mg (16.62%), Vitamin E: 2.39mg (15.91%), Vitamin B5: 1.47mg (14.74%), Manganese: 0.23mg (11.57%), Copper: 0.23mg (11.36%), Vitamin B3: 2.05mg (10.23%), Vitamin A: 501.94IU (10.04%), Magnesium: 36.72mg (9.18%), Vitamin B2: 0.15mg (8.66%), Phosphorus: 70.36mg (7.04%), Vitamin B1: 0.1mg (6.37%), Zinc: 0.76mg (5.08%), Iron: 0.73mg (4.06%), Calcium: 23.19mg (2.32%)