



Easy Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 avocados pitted ripe peeled
- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves
- 0.8 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 jalapeno minced seeded
- 2.5 tablespoons juice of lime fresh

- 1 tablespoon olive oil
- 0.8 teaspoon sea salt

Equipment

- bowl
- mortar and pestle

Directions

- Place olive oil and garlic in a mortar, and mash with pestle to a paste. Mash avocado by hand or with a fork in a medium bowl; stir in garlic paste and remaining ingredients. Store in an airtight container; refrigerate until ready to serve.

Nutrition Facts



PROTEIN 4.37% **FAT 76.26%** **CARBS 19.37%**

Properties

Glycemic Index:13.53, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:4.9626086600449%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 96.03kcal (4.8%), Fat: 8.85g (13.61%), Saturated Fat: 1.27g (7.97%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 120.41mg (5.24%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Fiber: 3.66g (14.65%), Vitamin K: 12.33µg (11.75%), Folate: 44.01µg (11%), Vitamin C: 7.38mg (8.95%), Vitamin E: 1.29mg (8.63%), Potassium: 269.82mg (7.71%), Vitamin B5: 0.75mg (7.54%), Vitamin B6: 0.15mg (7.43%), Copper: 0.11mg (5.29%), Vitamin B3: 0.96mg (4.79%), Manganese: 0.09mg (4.64%), Vitamin B2: 0.07mg (4.22%), Magnesium: 16.46mg (4.11%), Phosphorus: 29.72mg (2.97%), Vitamin B1: 0.04mg (2.57%), Zinc: 0.36mg (2.38%), Iron: 0.38mg (2.14%), Vitamin A: 103.39IU (2.07%)