

Easy Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 pounds avocado pitted ripe halved (3 medium)
- 1 tablespoon cilantro leaves fresh finely chopped
- 0.5 medium jalapeno minced seeded
- 1 teaspoon kosher salt as needed plus more
- 1 tablespoon juice of lime as needed freshly squeezed plus more
- 1 medium spring onion light white green minced (and parts only)

Equipment

- bowl

- plastic wrap
- potato masher

Directions

- Scoop the flesh from the avocados into a medium bowl. Mash with the back of a large fork or a potato masher to make a chunky paste.
- Add the remaining ingredients and stir to combine. Taste and season with additional lime juice and salt as needed.
- Serve immediately or place a sheet of plastic wrap directly on the surface of the guacamole and refrigerate for up to 2 hours. (The plastic wrap will keep the surface of the guacamole from turning brown.)

Nutrition Facts

PROTEIN 4.69% **FAT 74.88%** **CARBS 20.43%**

Properties

Glycemic Index:17, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:6.4700000467508%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 114.73kcal (5.74%), Fat: 10.43g (16.04%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 296.03mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Fiber: 4.83g (19.32%), Vitamin K: 19.09µg (18.18%), Folate: 59.06µg (14.77%), Vitamin C: 9.05mg (10.97%), Potassium: 353.6mg (10.1%), Vitamin E: 1.51mg (10.09%), Vitamin B5: 0.99mg (9.91%), Vitamin B6: 0.19mg (9.39%), Copper: 0.14mg (6.87%), Vitamin B3: 1.26mg (6.29%), Vitamin B2: 0.09mg (5.57%), Magnesium: 21.23mg (5.31%), Manganese: 0.11mg (5.29%), Phosphorus: 38.06mg (3.81%), Vitamin B1: 0.05mg (3.29%), Zinc: 0.46mg (3.1%), Vitamin A: 135.91IU (2.72%), Iron: 0.42mg (2.36%), Calcium: 10.44mg

(1.04%)