



Easy Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large avocado ripe
- 1 tablespoon juice of lime
- 1 plum tomatoes chopped (Roma)
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 teaspoon salt
- 1 Dash ground pepper red (cayenne)
- 1 serving tortilla chips

Equipment

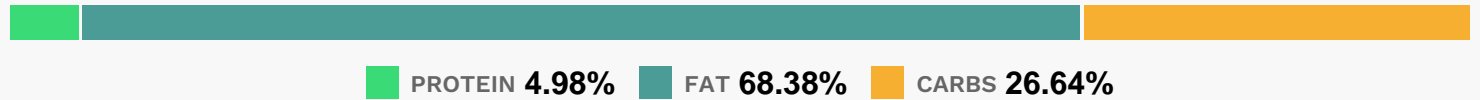
bowl

knife

Directions

- Cut each avocado in half lengthwise around pit. Twist halves in opposite directions to separate.
- Place avocado half with pit on countertop. Hit pit with sharp edge of knife. Grasp avocado half; twist knife to loosen and remove pit. Scoop avocado flesh with spoon into medium bowl. Coarsely mash avocados with fork.
- Stir lime juice, tomato, cilantro, salt and red pepper into avocados.
- Serve guacamole with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.4695652127266%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 49.42kcal (2.47%), Fat: 4.07g (6.25%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 44.06mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Fiber: 1.83g (7.32%), Vitamin K: 6.04µg (5.75%), Folate: 21.26µg (5.31%), Vitamin E: 0.61mg (4.05%), Vitamin C: 3.34mg (4.04%), Potassium: 135.59mg (3.87%), Vitamin B5: 0.37mg (3.74%), Vitamin B6: 0.07mg (3.57%), Copper: 0.05mg (2.6%), Vitamin B3: 0.48mg (2.39%), Magnesium: 9.27mg (2.32%), Vitamin B2: 0.03mg (2.05%), Manganese: 0.04mg (2.03%), Phosphorus: 18.09mg (1.81%), Vitamin A: 73.77IU (1.48%), Vitamin B1: 0.02mg (1.4%), Zinc: 0.19mg (1.28%)