



Easy Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

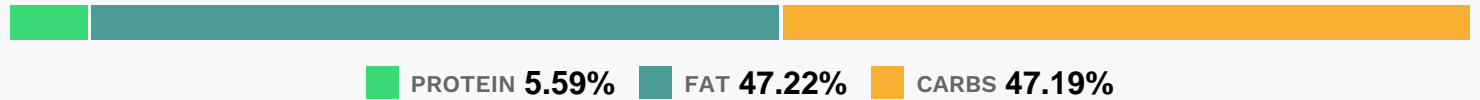
bowl

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:-2, Nutrition Score:4.6913043156914%

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: 173.32kcal (8.67%), Fat: 9.5g (14.61%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 18.11g (6.59%), Sugar: 0.5g (0.56%), Cholesterol: 0mg (0%), Sodium: 130.16mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Fiber: 3.25g (12.99%), Vitamin K: 11.52µg (10.97%), Vitamin E: 1.53mg (10.23%), Magnesium: 31.32mg (7.83%), Phosphorus: 77.16mg (7.72%), Vitamin B5: 0.69mg (6.86%), Folate: 24.41µg (6.1%), Vitamin B6: 0.12mg (5.92%), Potassium: 183.36mg (5.24%), Vitamin C: 3.34mg (4.04%), Copper: 0.08mg (3.88%), Vitamin B1: 0.06mg (3.85%), Zinc: 0.55mg (3.7%), Vitamin B3: 0.7mg (3.48%), Calcium: 33.26mg (3.33%), Iron: 0.58mg (3.2%), Vitamin B2: 0.05mg (3.13%), Manganese: 0.04mg (2.03%), Selenium: 1.33µg (1.91%), Vitamin A: 74.56IU (1.49%)