



Edamame Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 c avocado chopped
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 c broccoli florets fresh
- ☐ 1 c edamame frozen thawed
- ☐ 1.5 tsp cilantro leaves fresh chopped
- ☐ 0.5 tsp garlic minced
- ☐ 1 Tbsp spring onion thinly sliced
- ☐ 0.3 tsp jalapeno minced

- ☐ 0.5 tsp kosher salt
- ☐ 1 Tbsp juice of lime fresh
- ☐ 1 Tbsp onion red minced
- ☐ 2 Tbsp tomatoes seeded chopped

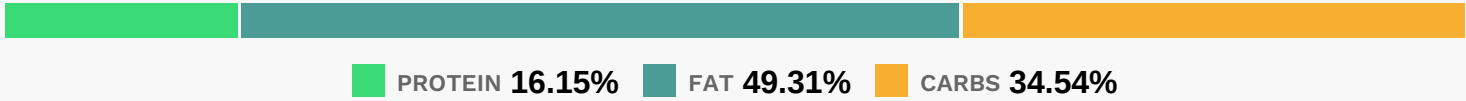
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ spatula

Directions

- ☐ BRING a medium pot of water to a boil. Prepare an ice bath and set aside.
- ☐ COOK the edamame beans at a rolling boil until tender, 10 to 11 minutes.
- ☐ Drain the beans into a strainer and shock in the ice bath.
- ☐ Drain well.
- ☐ PUREE the avocado, lime juice, garlic, and jalapeño in a food processor at high speed.
- ☐ Add the edamame beans and the process on high speed.
- ☐ MEANWHILE, cook the broccoli at a rolling boil until tender, 7 to 8 minutes.
- ☐ Drain the broccoli and shock in the ice bath.
- ☐ Drain well and pat dry.
- ☐ ADD the broccoli to the edamame mixture and process on high speed until very smooth, scraping down the sides of the bowl as needed to incorporate all the ingredients.
- ☐ TRANSFER the mixture to a medium bowl and fold in the remaining ingredients, mixing with a rubber spatula until well incorporated.
- ☐ TRANSFER the guacamole to an airtight container and refrigerate until chilled, about 1 hour, before serving with accompaniment of choice. (The guacamole will keep in the refrigerator for up to two days.)
- ☐ Calories: 25; Total fat: 2 g; Carbohydrates: 1 g; Dietary fiber: 1 g; Protein: 1 g

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:4.0226087233295%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg 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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 58.58kcal (2.93%), Fat: 3.43g (5.28%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 3g (1.09%), Sugar: 1.02g (1.14%), Cholesterol: 0mg (0%), Sodium: 150.85mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin K: 17.51µg (16.68%), Vitamin C: 13.57mg (16.45%), Fiber: 2.41g (9.62%), Potassium: 226.61mg (6.47%), Folate: 23.87µg (5.97%), Iron: 0.72mg (3.98%), Vitamin B6: 0.08mg (3.83%), Vitamin E: 0.51mg (3.41%), Vitamin B5: 0.34mg (3.35%), Manganese: 0.06mg (3.15%), Vitamin A: 140.49IU (2.81%), Calcium: 24.8mg (2.48%), Vitamin B2: 0.04mg (2.35%), Copper: 0.05mg (2.3%), Magnesium: 8.75mg (2.19%), Vitamin B3: 0.43mg (2.16%), Phosphorus: 19.38mg (1.94%), Vitamin B1: 0.02mg (1.59%), Zinc: 0.18mg (1.22%)