



Enlightened Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons artichoke bottom cooked coarsely chopped (see notes)
- ☐ 0.8 lb soft-ripe avocado pitted peeled coarsely chopped
- ☐ 4.5 oz baked tortilla chips low-fat
- ☐ 2 tablespoons cilantro leaves fresh coarsely chopped
- ☐ 1 green onion ends trimmed cut into 2-inch pieces ()
- ☐ 1 jalapeño chili fresh stemmed seeded coarsely chopped
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup peas frozen thawed

☐ 6 servings salt

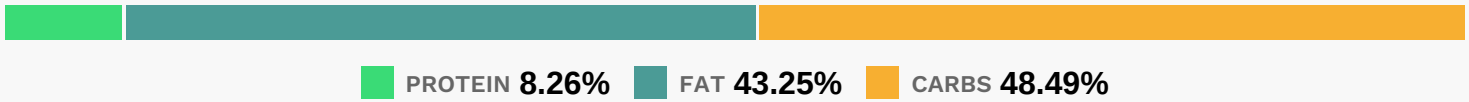
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife

Directions

- ☐ In a food processor, whirl onion, chili, cilantro, peas, artichoke, avocado, and lime juice until a chunky paste. (Or with a knife, finely chop vegetables; add lime juice in step)
- ☐ Scrape mixture into a bowl and add salt to taste.
- ☐ Serve with chips for dunking.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:8.5995651742686%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 189.92kcal (9.5%), Fat: 9.6g (14.77%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 18.41g (6.69%), Sugar: 1.16g (1.29%), Cholesterol: 0mg (0%), Sodium: 294.65mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Fiber: 5.81g (23.24%), Vitamin K: 19.56µg (18.63%), Vitamin C: 13.67mg (16.57%), Folate: 60.78µg (15.19%), Phosphorus: 112.39mg (11.24%), Potassium: 392.81mg (11.22%), Magnesium: 44.69mg (11.17%), Vitamin B6: 0.22mg (10.79%), Vitamin E: 1.47mg (9.79%), Vitamin B2: 0.15mg (8.84%),

Vitamin B5: 0.83mg (8.35%), Copper: 0.16mg (8.17%), Vitamin B1: 0.11mg (7.3%), Vitamin B3: 1.33mg (6.64%),
Manganese: 0.13mg (6.58%), Selenium: 3.72µg (5.31%), Zinc: 0.73mg (4.9%), Iron: 0.88mg (4.89%), Calcium: 48mg
(4.8%), Vitamin A: 208.66IU (4.17%)