



Essentials: Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



453 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon pepper black freshly ground



1 large garlic clove minced



4 haas avocados ripe



1 teaspoon kosher salt



3 tablespoons juice of lemon freshly squeezed (1 lemon)



0.5 cup onion red



8 dashes all the tabasco sauce you handle



1 medium tomatoes diced seeded

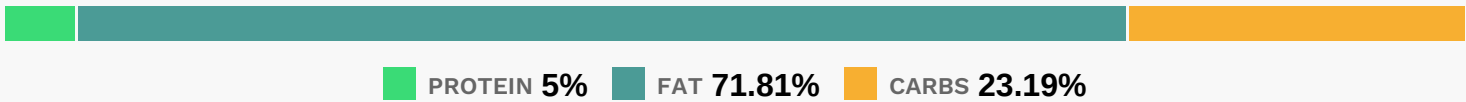
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Cut the avocados in half, remove the pits, and scoop the flesh into a large bowl.
- ☐ Immediately add the lemon juice, Tabasco, onion, garlic, salt, and pepper and toss well. Using a sharp knife, slice through the avocados in the bowl until they are finely diced.
- ☐ Add the tomatoes.
- ☐ Mix well and taste for salt and pepper.

Nutrition Facts



Properties

Glycemic Index:55.67, Glycemic Load:3.11, Inflammation Score:-8, Nutrition Score:25.991304376851%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 453.34kcal (22.67%), Fat: 39.57g (60.87%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 9.61g (3.49%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 804.54mg (34.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Fiber: 19.14g (76.55%), Folate: 231.46µg (57.86%), Vitamin K: 60.74µg (57.85%), Vitamin C: 40.71mg (49.34%), Potassium: 1464.77mg (41.85%), Vitamin B6: 0.78mg (38.76%), Vitamin E: 5.8mg (38.7%), Vitamin B5: 3.83mg (38.27%), Manganese: 0.57mg (28.37%), Copper:

0.56mg (27.94%), Vitamin B3: 4.97mg (24.83%), Magnesium: 87.22mg (21.81%), Vitamin B2: 0.37mg (21.66%), Phosphorus: 160.75mg (16.07%), Vitamin A: 738.41IU (14.77%), Vitamin B1: 0.21mg (14.23%), Zinc: 1.86mg (12.4%), Iron: 1.74mg (9.68%), Calcium: 48.56mg (4.86%), Selenium: 1.4µg (2%)