

Ethnic Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 chile de arbol peppers fresh to taste
- 3 avocados pitted peeled mashed (one pit reserved)
- 14.5 ounce canned tomatoes whole peeled canned
- 1.5 cups cilantro leaves fresh chopped
- 2 pinches garlic powder to taste
- 1 juice of lime juiced
- 2 tablespoons onion finely chopped
- 0.3 cup roma tomatoes chopped

6 servings salt to taste

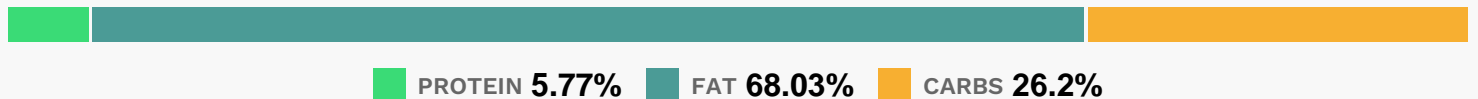
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Preheat oven to 300 degrees F (150 degrees C). Arrange chile peppers on a baking sheet.
- Toast chile peppers in the preheated until browned, about 7 minutes.
- Remove stems.
- Mix avocados, onion, and roma tomatoes together in a bowl.
- Blend canned tomatoes, cilantro, toasted chile peppers, garlic powder, and salt in a blender until smooth.
- Pour about half the blended tomato mixture into avocado mixture. Reserve remaining tomato mixture for another use or for dipping.
- Squeeze lime juice into avocado mixture and gently stir until evenly combined.
- Transfer guacamole to a smaller serving bowl; place reserved avocado pit in the middle to prevent browning.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:12.46086942113%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg,

Hesperetin: 0.45mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 179.37kcal (8.97%), Fat: 14.92g (22.96%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 5.13g (1.87%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 301.71mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin K: 36.5µg (34.76%), Fiber: 7.8g (31.21%), Vitamin C: 20.66mg (25.04%), Folate: 92.22µg (23.05%), Potassium: 678.28mg (19.38%), Vitamin E: 2.72mg (18.12%), Vitamin B6: 0.36mg (18.05%), Vitamin B5: 1.52mg (15.23%), Copper: 0.26mg (12.9%), Vitamin A: 625.64IU (12.51%), Vitamin B3: 2.37mg (11.84%), Manganese: 0.23mg (11.7%), Vitamin B2: 0.18mg (10.64%), Magnesium: 39.95mg (9.99%), Iron: 1.36mg (7.54%), Phosphorus: 72.87mg (7.29%), Vitamin B1: 0.11mg (7.26%), Zinc: 0.8mg (5.32%), Calcium: 38.89mg (3.89%)