



Fresh Orange Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



553 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 medium size avocado ripe halved
- ☐ 1 garlic clove pressed
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 large navel oranges peeled cut into 1/2-inch pieces
- ☐ 3 tablespoons orange juice fresh
- ☐ 4 servings pomegranate seeds fresh
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.8 teaspoon salt

☐ 4 servings tortilla chips

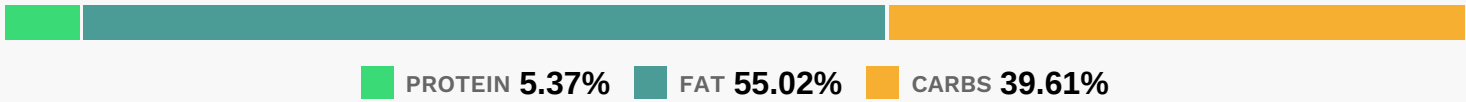
Equipment

☐ bowl

Directions

- ☐ Scoop avocado pulp into a bowl; mash with a fork just until chunky. Stir in orange and next 5 ingredients. Cover and chill 1 to 4 hours.
- ☐ Serve with tortilla chips.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:10.93, Inflammation Score:-8, Nutrition Score:26.713478285333%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 9.18mg, Hesperetin: 9.18mg, Hesperetin: 9.18mg, Hesperetin: 9.18mg Naringenin: 2.76mg, Naringenin: 2.76mg, Naringenin: 2.76mg, Naringenin: 2.76mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 552.99kcal (27.65%), Fat: 36.46g (56.09%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 59.06g (19.69%), Net Carbohydrates: 39.6g (14.4%), Sugar: 17.87g (19.86%), Cholesterol: 0mg (0%), Sodium: 545.46mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (16.01%), Fiber: 19.45g (77.81%), Vitamin C: 60.79mg (73.68%), Vitamin K: 63.02µg (60.02%), Folate: 216.87µg (54.22%), Vitamin E: 5.86mg (39.04%), Potassium: 1333.81mg (38.11%), Vitamin B5: 3.59mg (35.89%), Vitamin B6: 0.69mg (34.73%), Copper: 0.57mg

(28.6%), Magnesium: 98.73mg (24.68%), Phosphorus: 212.57mg (21.26%), Manganese: 0.42mg (21.22%), Vitamin B3: 4.24mg (21.21%), Vitamin B2: 0.35mg (20.78%), Vitamin B1: 0.27mg (18.18%), Zinc: 2.03mg (13.57%), Iron: 1.9mg (10.55%), Vitamin A: 444.15IU (8.88%), Calcium: 82.15mg (8.22%), Selenium: 2.63µg (3.76%)