



Gabriel's Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 teaspoons cilantro leaves chopped



0.3 teaspoon garlic minced



2 medium hass avocados diced pitted peeled



0.5 teaspoon jalapeño finely chopped



8 servings kosher salt



4 teaspoons juice of lime



0.3 cup tomatoes chopped



4 teaspoons onion white finely chopped

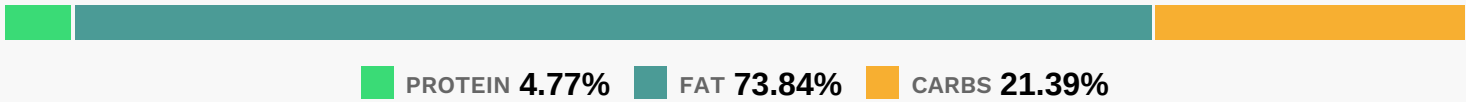
Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ mortar and pestle

Directions

- ☐ Scoop out avocado flesh into a molcajete or bowl, add garlic and jalapeo, and mash (with a pestle or a wooden spoon) until the avocados are creamy but still very chunky. Stir in tomato, onion, and salt to taste.
- ☐ Sprinkle with lime juice and cilantro, then stir and taste once more.
- ☐ Add more garlic, jalapeo, onion, salt, lime juice, or cilantro as desired.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:4.6026086677676%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 82.5kcal (4.12%), Fat: 7.4g (11.39%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 1.36g (0.5%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 197.67mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Fiber: 3.46g (13.84%), Vitamin K: 11.08µg (10.55%), Folate: 41.94µg (10.49%), Vitamin C: 6.89mg (8.36%), Potassium: 260.45mg (7.44%), Vitamin E: 1.08mg (7.22%), Vitamin

B5: 0.71mg (7.08%), Vitamin B6: 0.14mg (6.88%), Copper: 0.1mg (5%), Vitamin B3: 0.91mg (4.56%), Manganese: 0.08mg (4.04%), Vitamin B2: 0.07mg (3.95%), Magnesium: 15.47mg (3.87%), Phosphorus: 28.12mg (2.81%), Vitamin B1: 0.04mg (2.45%), Vitamin A: 118.49IU (2.37%), Zinc: 0.34mg (2.24%), Iron: 0.3mg (1.65%)