



Game-Winning Guac' with Fresh Baked Tortilla chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

Ingredients

- 4 avocados firm pitted ripe peeled halved
- 12 corn tortillas fresh
- 3 tablespoons cilantro leaves fresh chopped
- 6 servings kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons lime freshly squeezed
- 0.5 cup vegetable oil

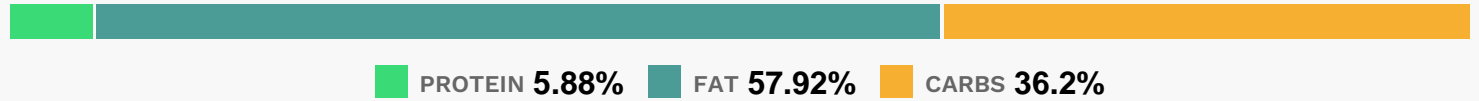
Equipment

- bowl
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- In a medium bowl, coarsely mash the avocado. Lightly mix in the onion, cilantro and the lime juice. Season the guacamole liberally with salt and pepper.
- Preheat oven to 400 degrees F.
- Brush each tortilla lightly with oil. Slice the tortillas into 8ths. Using 2 baking sheets, distribute half the chips onto each sheet, making sure they are evenly spread out and not overlapping. (If the chips overlap they will not crisp in the oven.)
- Bake on the top rack until golden and crispy, about 10 to 12 minutes.
- Remove from the oven to a serving bowl. Season with salt and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:11.1, Inflammation Score:-6, Nutrition Score:15.75043479256%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 360.78kcal (18.04%), Fat: 24.82g (38.19%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 22.56g (8.2%), Sugar: 1.38g (1.53%), Cholesterol: 0mg (0%), Sodium: 226.72mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Fiber: 12.34g (49.36%), Vitamin K: 35.62µg

(33.92%), Folate: 111.44µg (27.86%), Phosphorus: 233.57mg (23.36%), Vitamin B6: 0.46mg (22.99%), Vitamin E: 3.23mg (21.51%), Potassium: 751.07mg (21.46%), Vitamin B5: 1.92mg (19.25%), Magnesium: 76.65mg (19.16%), Manganese: 0.37mg (18.7%), Vitamin C: 14.04mg (17.01%), Copper: 0.34mg (16.9%), Vitamin B3: 3.12mg (15.59%), Vitamin B2: 0.21mg (12.29%), Zinc: 1.54mg (10.29%), Vitamin B1: 0.14mg (9.3%), Iron: 1.4mg (7.8%), Calcium: 59.56mg (5.96%), Selenium: 3.72µg (5.32%), Vitamin A: 211.72IU (4.23%)