



Garden-Fresh Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado peeled quartered
- 0.3 cup cilantro leaves fresh
- 2 garlic cloves minced
- 0.5 medium jalapeno seeded quartered
- 2 tablespoons juice of lime fresh
- 1.3 cups peas green frozen thawed
- 0.3 teaspoon salt

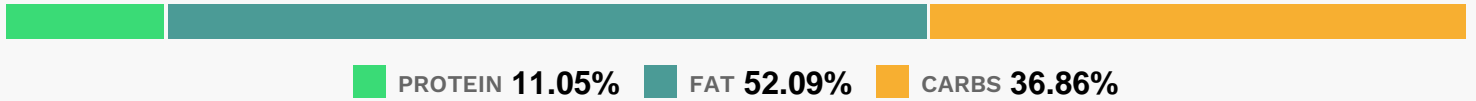
Equipment

- food processor
- bowl
- blender
- plastic wrap

Directions

- Combine all ingredients in a food processor or blender, and process 2 minutes or until smooth, scraping sides of bowl occasionally. Spoon guacamole into a bowl.
- Serve immediately, or press plastic wrap onto surface of guacamole, and chill up to 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:29.72, Glycemic Load:1.52, Inflammation Score:-4, Nutrition Score:6.72608688860328%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 81.3kcal (4.07%), Fat: 5.06g (7.79%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 4g (1.45%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 101.36mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin C: 18.81mg (22.8%), Fiber: 4.06g (16.23%), Vitamin K: 16.86µg (16.05%), Folate: 48.03µg (12.01%), Manganese: 0.19mg (9.66%), Vitamin B6: 0.16mg (7.87%), Potassium: 252.43mg (7.21%), Vitamin B1: 0.11mg (7.13%), Vitamin A: 340.16IU (6.8%), Vitamin B3: 1.25mg (6.25%), Copper: 0.12mg (6.16%), Vitamin E: 0.8mg (5.35%), Phosphorus: 52.9mg (5.29%), Magnesium: 20.68mg (5.17%), Vitamin B5: 0.52mg (5.16%), Vitamin B2: 0.09mg (5.13%), Zinc: 0.61mg (4.07%), Iron: 0.67mg (3.7%), Calcium: 14.73mg (1.47%), Selenium: 0.84µg (1.19%)