



Good-for-You Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado pitted ripe peeled cut in half and
- ☐ 4 sprigs cilantro leaves
- ☐ 2 garlic cloves
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 cup peas green frozen
- ☐ 0.3 cup bottled salsa

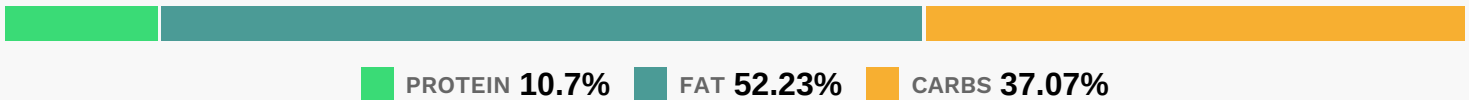
Equipment

- ☐ food processor
- ☐ plastic wrap

Directions

- ☐ Place peas in a vegetable steamer. Steam, covered, 4 minutes or until peas are tender.
- ☐ Combine peas, avocado, and remaining ingredients in a food processor; pulse just until combined. Cover surface of guacamole with plastic wrap. Chill until ready to serve.
- ☐ Serve the dip with baked whole-grain tortilla or pita, or slightly steamed carrot sticks and other veggies.
- ☐ Serve it as a spread on a tortilla; roll up the tortilla.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:1.15, Inflammation Score:-4, Nutrition Score:6.1617391213127%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 69.47kcal (3.47%), Fat: 4.37g (6.73%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 3.54g (1.29%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 65.57mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin K: 22.93µg (21.84%), Vitamin C: 13.59mg (16.47%), Fiber: 3.45g (13.78%), Folate: 40.53µg (10.13%), Manganese: 0.17mg (8.35%), Vitamin A: 369.75IU (7.4%), Vitamin B6: 0.14mg (7.08%), Potassium: 239.99mg (6.86%), Vitamin B1: 0.08mg (5.59%), Vitamin B3: 1.09mg (5.43%), Copper: 0.11mg (5.38%), Vitamin E: 0.8mg (5.32%), Magnesium: 18.59mg (4.65%), Vitamin B5: 0.46mg (4.58%), Phosphorus:

44.68mg (4.47%), Vitamin B2: 0.07mg (4.38%), Iron: 0.69mg (3.83%), Zinc: 0.5mg (3.33%), Calcium: 17.98mg (1.8%),
Selenium: 0.74µg (1.05%)