



Great guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small bunch cilantro leaves chopped
- ☐ 2 garlic clove crushed
- ☐ 1 tbsp jalapeno drained finely chopped
- ☐ 2 juice of lime to taste
- ☐ 4 avocado

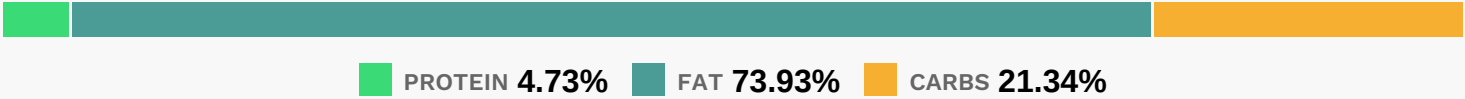
Equipment

- ☐ bowl
- ☐ potato masher

Directions

☐ In a medium bowl, mix the coriander, garlic and jalapeos with the lime juice. Peel, stone and roughly mash the avocados with a potato masher, add them to the bowl with the other ingredients and some seasoning, and serve with the fajitas or with some tortilla chips to start.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:18.700434943904%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 329.13kcal (16.46%), Fat: 29.59g (45.52%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 5.5g (2%), Sugar: 1.77g (1.96%), Cholesterol: 0mg (0%), Sodium: 15.66mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Fiber: 13.72g (54.88%), Vitamin K: 49.22µg (46.88%), Folate: 166.61µg (41.65%), Vitamin C: 30.06mg (36.43%), Vitamin E: 4.38mg (29.19%), Potassium: 1018.13mg (29.09%), Vitamin B5: 2.84mg (28.42%), Vitamin B6: 0.56mg (27.98%), Copper: 0.4mg (19.83%), Vitamin B3: 3.6mg (18%), Manganese: 0.33mg (16.27%), Vitamin B2: 0.27mg (15.94%), Magnesium: 60.95mg (15.24%), Phosphorus: 110.85mg (11.09%), Vitamin B1: 0.14mg (9.62%), Vitamin A: 476.48IU (9.53%), Zinc: 1.33mg (8.87%), Iron: 1.19mg (6.61%), Calcium: 30.73mg (3.07%), Selenium: 1.07µg (1.52%)