



Greek Yogurt Guacamole

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 avocado pitted peeled
- 10 servings sea salt to taste
- 1 tablespoon juice of lime
- 6 oz greek yogurt plain
- 3 tablespoons salsa thick

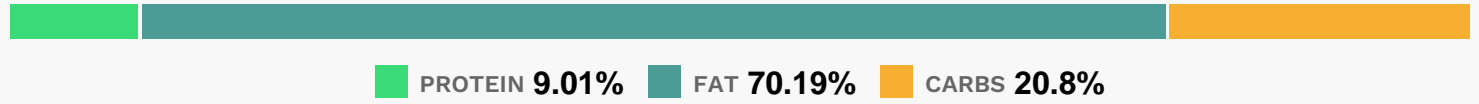
Equipment

- bowl

Directions

- In large bowl, coarsely mash avocados, leaving some chunks.
- Add remaining ingredients; stir gently to mix.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:7.7152174452077%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.78kcal (7.04%), Fat: 11.89g (18.3%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.3g (1.44%), Cholesterol: 0.85mg (0.28%), Sodium: 237.06mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Fiber: 5.48g (21.92%), Folate: 66.66µg (16.66%), Vitamin K: 17.09µg (16.28%), Potassium: 428.1mg (12.23%), Vitamin B5: 1.18mg (11.85%), Vitamin E: 1.73mg (11.52%), Vitamin B6: 0.23mg (11.33%), Vitamin C: 8.58mg (10.4%), Vitamin B2: 0.15mg (9.06%), Copper: 0.16mg (7.97%), Vitamin B3: 1.49mg (7.45%), Phosphorus: 66.69mg (6.67%), Magnesium: 26.03mg (6.51%), Manganese: 0.12mg (6.09%), Zinc: 0.62mg (4.11%), Vitamin B1: 0.06mg (3.98%), Calcium: 30.2mg (3.02%), Selenium: 2.05µg (2.93%), Vitamin A: 141.85IU (2.84%), Iron: 0.48mg (2.65%), Vitamin B12: 0.12µg (1.98%)