



Grilled Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 avocado pitted ripe peeled halved
- 1 tablespoon cilantro leaves roughly chopped
- 1 clove garlic finely chopped
- 1 juice of lime
- 0.5 teaspoon olive oil
- 4 servings salt and pepper

Equipment

- bowl

grill

Directions

Heat gas grill over medium-high heat.

Brush avocados with olive oil.

Place avocados on grill over medium-high heat. Cover grill; cook 2 to 4 minutes on each side or until grill marks appear and avocados soften.

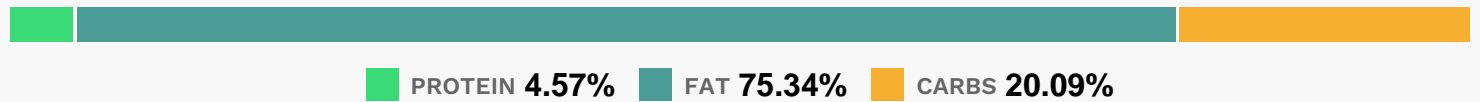
Transfer avocados to bowl. Mash with fork.

Add lime juice, garlic and cilantro.

Mix to combine.

Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:17.450869601706%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 329.04kcal (16.45%), Fat: 30.06g (46.24%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 208.19mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Fiber: 13.52g (54.06%), Folate: 163.64µg (40.91%), Vitamin K: 42.88µg (40.84%), Vitamin E: 4.25mg (28.35%), Potassium: 987.2mg (28.21%), Vitamin B5: 2.81mg (28.06%), Vitamin C: 22.61mg (27.41%), Vitamin B6: 0.53mg (26.44%), Copper: 0.39mg (19.33%), Vitamin B3: 3.51mg (17.57%), Vitamin B2: 0.26mg (15.49%), Manganese: 0.3mg (15.01%), Magnesium: 59.11mg (14.78%), Phosphorus: 106.77mg (10.68%), Vitamin B1: 0.14mg (9.21%), Zinc: 1.3mg (8.68%), Iron: 1.13mg (6.28%), Vitamin A: 304.03IU (6.08%),

Calcium: 26.72mg (2.67%), Selenium: 0.92µg (1.31%)