



WHATSheATE



HEALTH SCORE

60%

Grilled Guacamole



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



90 min.

SERVINGS



3

CALORIES



508 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 cherry tomatoes quartered
- ☐ 2 tablespoons cilantro leaves fresh chopped to taste
- ☐ 0.5 teaspoon garlic salt
- ☐ 4 hass avocados pitted halved
- ☐ 1 jalapeno minced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 teaspoon pepper sauce hot

☐ 0.5 cup onion diced red

Equipment

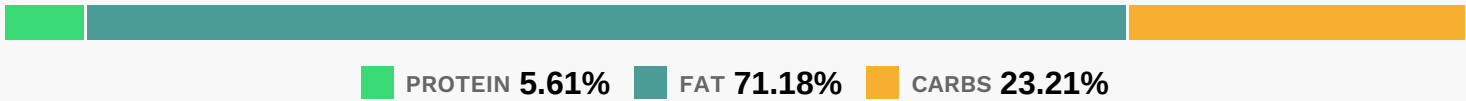
☐ mixing bowl

☐ grill

Directions

- ☐ Preheat an outdoor grill for low heat, and lightly oil grate.
- ☐ Cook the avocados on the preheated grill until just slightly browned and caramelized. Allow to cool to room temperature, then remove the skins, and cube.
- ☐ Place 1/2 cup of the avocado into a mixing bowl, and mash together with the onion, jalapeno pepper, and sour cream. Stir in the lime juice, garlic salt, and hot pepper sauce, then gently fold in the remaining avocado along with the cherry tomatoes and cilantro. Chill 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:28.190000150515%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 507.83kcal (25.39%), Fat: 43.59g (67.06%), Saturated Fat: 8.27g (51.66%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 12.9g (4.69%), Sugar: 5.05g (5.61%), Cholesterol: 13.42mg (4.47%), Sodium:

464.79mg (20.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.47%), Fiber: 19.07g (76.26%), Vitamin C: 53.73mg (65.12%), Folate: 237.67µg (59.42%), Vitamin K: 60.25µg (57.38%), Potassium: 1593.94mg (45.54%), Vitamin E: 6.25mg (41.64%), Vitamin B6: 0.81mg (40.35%), Vitamin B5: 3.87mg (38.72%), Copper: 0.58mg (29.13%), Vitamin B3: 5.16mg (25.81%), Vitamin B2: 0.42mg (24.84%), Manganese: 0.5mg (24.76%), Magnesium: 91.95mg (22.99%), Phosphorus: 196.16mg (19.62%), Vitamin A: 924.45IU (18.49%), Vitamin B1: 0.24mg (15.76%), Zinc: 2.07mg (13.77%), Iron: 2.05mg (11.4%), Calcium: 102.26mg (10.23%), Selenium: 2.77µg (3.95%), Vitamin B12: 0.16µg (2.68%)