



 **25%**
HEALTH SCORE

Grilled Guacamole with Pistachios

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 small avocado split
- 0.5 teaspoon cumin
- 1 ears corn split peeled
- 2 teaspoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper red
- 1 teaspoon pepper fresh black to taste
- 2 jalapeno split seeds removed

- 1 lime
- 8 servings olive oil
- 1 small onion cut into wedges
- 0.5 cup pistachios shelled toasted coarsely chopped
- 1 teaspoon salt to taste
- 2 medium tomatoes diced seeds removed and

Equipment

- bowl
- grill

Directions

- Lightly brush the avocado flesh, corn, onion, and jalapeno peppers with olive oil.
- Place all but the avocado in a grill basket and on the grill over medium-high heat.
- Place the avocados, cut side up, directly on the grill and cook for 2 minutes, then flip and cook, cut side down, for another 2 minutes. When finished, remove and set aside. Allow the other vegetables to cook, turning, until they are tender and lightly charred (10-12 minutes). The corn may take a few minutes longer than the other vegetables. If needed, remove the other vegetables and allow the corn to continue to cook. When the vegetables have cooled enough to touch, cut the corn off the cob, and dice the other vegetables. In a large bowl, combine the tomatoes, corn, onion, peppers, garlic, and cilantro, and toss to mix.
- Add the avocado to the mixture, lightly tossing and mashing it.
- Add the lime juice and seasoning.
- Mix together and adjust as needed.
- Add the pistachios, toss the mixture again and serve.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:1.83, Inflammation Score:-7, Nutrition Score:14.36652173913%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Taste

Sweetness: 23.71%, Saltiness: 18.56%, Sourness: 21.77%, Bitterness: 9.23%, Savoriness: 8.15%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 352.62kcal (17.63%), Fat: 32.58g (50.12%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 7.72g (2.81%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 302.36mg (13.15%), Protein: 4.5g (9.01%), Fiber: 8.73g (34.91%), Vitamin K: 33.34µg (31.75%), Vitamin E: 4.64mg (30.92%), Vitamin C: 23.04mg (27.93%), Folate: 98.17µg (24.54%), Vitamin B6: 0.47mg (23.32%), Potassium: 710.88mg (20.31%), Manganese: 0.36mg (17.78%), Copper: 0.33mg (16.65%), Vitamin B5: 1.59mg (15.92%), Magnesium: 49.17mg (12.29%), Vitamin B3: 2.33mg (11.64%), Vitamin B1: 0.17mg (11.6%), Phosphorus: 114.82mg (11.48%), Vitamin A: 554.63IU (11.09%), Vitamin B2: 0.16mg (9.67%), Iron: 1.28mg (7.13%), Zinc: 0.97mg (6.45%), Calcium: 32.78mg (3.28%), Selenium: 1.24µg (1.77%)