



Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 avocados ripe
- 1 garlic clove pressed
- 0.5 medium jalapeno seeded chopped
- 2 tablespoons juice of lime fresh
- 2 tablespoons onion red finely chopped
- 0.8 teaspoon salt
- 10 servings tortilla chips

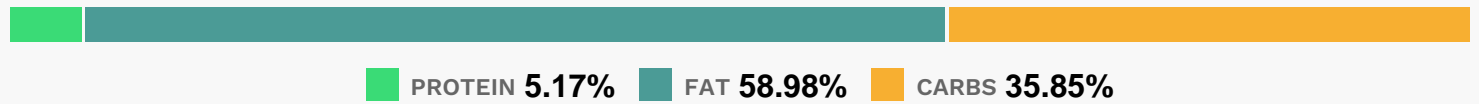
Equipment

- bowl
- plastic wrap
- potato masher

Directions

- Cut avocados in half. Scoop pulp into a bowl, and mash with a potato masher or fork until slightly chunky. Stir in chopped red onion and next 4 ingredients. Cover with plastic wrap, allowing wrap to touch mixture, and let stand at room temperature 30 minutes.
- Serve guacamole with tortilla chips.
- Cilantro Guacamole: Mash avocado, and stir in ingredients as directed. Stir in 3 Tbsp. chopped fresh cilantro and an additional 1 Tbsp. lime juice. Cover mixture, and let stand at room temperature 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:11.170869495558%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 295.16kcal (14.76%), Fat: 20.58g (31.66%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 19.82g (7.21%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 273.5mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Fiber: 8.32g (33.27%), Vitamin K: 27.12µg (25.83%), Folate: 85.64µg (21.41%), Vitamin E: 3.1mg (20.67%), Vitamin B5: 1.74mg (17.38%), Vitamin B6: 0.32mg (15.93%), Potassium: 547.79mg (15.65%), Vitamin C: 12.02mg (14.57%), Magnesium: 53.29mg (13.32%), Phosphorus: 116.9mg (11.69%),

Copper: 0.22mg (11.05%), Vitamin B3: 2mg (10%), Vitamin B2: 0.15mg (8.94%), Manganese: 0.15mg (7.6%), Vitamin B1: 0.11mg (7.27%), Zinc: 1.04mg (6.94%), Iron: 0.99mg (5.52%), Calcium: 43.35mg (4.34%), Vitamin A: 156.68IU (3.13%), Selenium: 1.69µg (2.42%)