



Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 hass avocados ripe
- 1 jalapeño minced seeded
- 1 juice of lime
- 0.5 teaspoon salt
- 3 scallions finely chopped
- 1 tomatoes coarsely chopped

Equipment

- bowl

Directions

- Scoop the avocado pulp into a medium bowl.
- Add the other ingredients and mash with a fork until combined but still chunky. Spoon into a serving dish.

Nutrition Facts

PROTEIN 5.31% **FAT 70.8%** **CARBS 23.89%**

Properties

Glycemic Index:23.67, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:7.7778259969276%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 114.74kcal (5.74%), Fat: 9.91g (15.25%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 200.63mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin K: 28.57µg (27.21%), Fiber: 4.98g (19.91%), Vitamin C: 14.9mg (18.07%), Folate: 62.31µg (15.58%), Potassium: 401.77mg (11.48%), Vitamin E: 1.63mg (10.83%), Vitamin B6: 0.2mg (10.2%), Vitamin B5: 0.97mg (9.67%), Copper: 0.15mg (7.35%), Vitamin A: 356.06IU (7.12%), Vitamin B3: 1.36mg (6.78%), Manganese: 0.13mg (6.59%), Magnesium: 23.64mg (5.91%), Vitamin B2: 0.1mg (5.78%), Phosphorus: 43.29mg (4.33%), Vitamin B1: 0.06mg (3.86%), Zinc: 0.49mg (3.3%), Iron: 0.52mg (2.91%), Calcium: 15.51mg (1.55%)