



Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

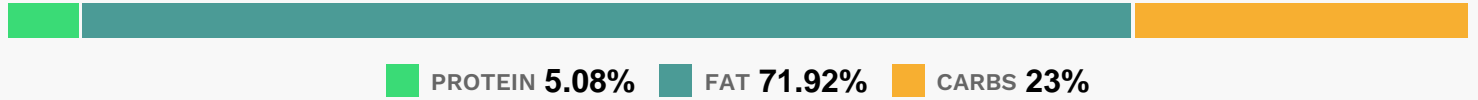
- 2 avocados
- 2 tablespoons juice of lime
- 0.3 cup salsa chilled drained
- 7 servings salt and pepper to taste

Equipment

Directions

Mash pulp from avocados. Stir in salsa and lime juice; season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.4478261211644%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 96.55kcal (4.83%), Fat: 8.47g (13.03%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.92g (1.03%), Cholesterol: 0mg (0%), Sodium: 279.11mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Fiber: 4.09g (16.35%), Vitamin K: 12.61µg (12.01%), Folate: 47.44µg (11.86%), Potassium: 315.53mg (9.02%), Vitamin E: 1.35mg (8.99%), Vitamin C: 7.26mg (8.8%), Vitamin B6: 0.17mg (8.55%), Vitamin B5: 0.83mg (8.28%), Copper: 0.12mg (5.92%), Vitamin B3: 1.14mg (5.72%), Manganese: 0.1mg (4.84%), Magnesium: 18.86mg (4.71%), Vitamin B2: 0.08mg (4.66%), Phosphorus: 34.42mg (3.44%), Vitamin B1: 0.04mg (2.93%), Vitamin A: 145.42IU (2.91%), Zinc: 0.4mg (2.64%), Iron: 0.37mg (2.07%), Calcium: 11.08mg (1.11%)