 **79%**  
HEALTH SCORE

## Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



765 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 avocados
- 2 cups cilantro leaves fresh
- 2 to 3 jalapenos
- 1 lime
- 12 roma tomatoes ripe fine (slightly under is )
- 2 servings salt
- 2 servings tortilla chips for serving
- 3 onions red yellow

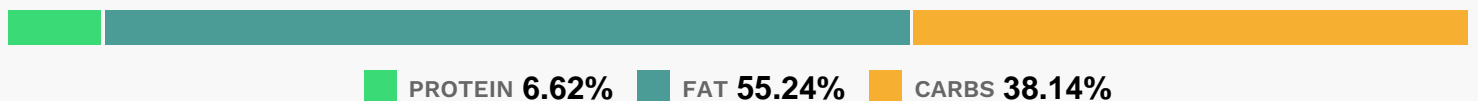
## Equipment

- bowl
- oven

## Directions

- Halve the avocados lengthwise.
- Remove the pit and dice the flesh inside the shell. Squeeze the diced avocado into a bowl.
- Next, sprinkle on some salt and mash away with a fork until you get the avocado to the consistency you want.
- Now throw on a big pile of Pico de Gallo and stir together gently. Always test the guacamole with tortilla chips so you'll get a more accurate gauge of the salt content.
- Dice up equal quantities of onion and tomato. Roughly chop the cilantro.
- Now, slice 1 or 2 jalapenos in half. With a spoon, scrape out the seeds. (If you like things spicy, leave in some of the white membranes.) Dice the jalapenos very finely; you want a hint of heat and jalapeno flavor, but you don't want to cause any fires. Now dump the four ingredients into a bowl.
- Slice the lime in half and squeeze the juice from half a lime the bowl.
- Sprinkle with salt, and stir together until combined. Be sure to taste the pico de gallo and adjust the seasonings, adding salt or more diced jalapeno if needed.

## Nutrition Facts



## Properties

Glycemic Index:100.5, Glycemic Load:10.45, Inflammation Score:-10, Nutrition Score:48.463043316551%

## Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 3.67mg, Naringenin: 3.67mg, Naringenin: 3.67mg, Naringenin: 3.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin:

0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 44.96mg, Quercetin: 44.96mg, Quercetin: 44.96mg, Quercetin: 44.96mg

## Nutrients (% of daily need)

Calories: 765.31kcal (38.27%), Fat: 51.23g (78.81%), Saturated Fat: 7.4g (46.28%), Carbohydrates: 79.6g (26.53%), Net Carbohydrates: 48.84g (17.76%), Sugar: 20.27g (22.52%), Cholesterol: 0mg (0%), Sodium: 340.39mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.62%), Vitamin C: 124mg (150.3%), Vitamin K: 151.61µg (144.39%), Fiber: 30.76g (123.04%), Vitamin A: 4790.44IU (95.81%), Folate: 351.11µg (87.78%), Potassium: 2788.06mg (79.66%), Vitamin B6: 1.42mg (70.87%), Vitamin E: 10.25mg (68.31%), Manganese: 1.15mg (57.5%), Vitamin B5: 5.26mg (52.62%), Copper: 0.95mg (47.41%), Magnesium: 176.65mg (44.16%), Vitamin B3: 8.31mg (41.53%), Phosphorus: 374.26mg (37.43%), Vitamin B2: 0.57mg (33.48%), Vitamin B1: 0.48mg (32.07%), Zinc: 3.37mg (22.44%), Iron: 3.96mg (21.98%), Calcium: 164.59mg (16.46%), Selenium: 3.6µg (5.14%)