

Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados ripe
- 4 tablespoons coriander fresh chopped
- 0.5 chili fresh green minced to taste
- 3 juice of lime juiced to taste
- 1 teaspoon salt
- 4 scallions white green finely sliced (and parts)

Equipment

- bowl

Directions

Get everything, except the avocados, prepped when you get home. Just before you want to eat, peel and stone the avocados and put the flesh in a bowl. Don't worry about how pulpy you make the avocado, as it will be mashed. Dissolve the salt in the lime juice and pour it over. Then add the other ingredients and mash with a fork until you have a rough lumpy mixture. At all costs avoid turning it into a smooth puree; by its nature the avocado will be smooth anyway, but you want as many soft but form-holding clumps as possible.

Nutrition Facts

PROTEIN 4.82% FAT 72.07% CARBS 23.11%

Properties

Glycemic Index:17.33, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:10.218695793463%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 168.18kcal (8.41%), Fat: 14.8g (22.77%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 408.81mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin K: 38.58µg (36.74%), Fiber: 7.13g (28.53%), Folate: 88.19µg (22.05%), Vitamin C: 16.58mg (20.09%), Potassium: 528.52mg (15.1%), Vitamin E: 2.16mg (14.43%), Vitamin B5: 1.42mg (14.22%), Vitamin B6: 0.27mg (13.46%), Copper: 0.2mg (10.13%), Vitamin B3: 1.82mg (9.07%), Vitamin B2: 0.14mg (8.22%), Manganese: 0.16mg (8.02%), Magnesium: 32.02mg (8.01%), Phosphorus: 57.45mg (5.74%), Vitamin A: 251.98IU (5.04%), Vitamin B1: 0.08mg (5.04%), Zinc: 0.69mg (4.59%), Iron: 0.69mg (3.85%), Calcium: 20.34mg (2.03%)