



Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 plum tomatoes
- 3 tablespoons juice of lime fresh
- 1 teaspoon garlic minced
- 2 tablespoons onion red minced
- 2 avocado

Equipment

- bowl

Directions

- Quarter tomatoes, discarding seeds, and chop. Halve and pit avocados. Scoop avocado flesh into a bowl and mash. Stir in tomatoes, remaining ingredients, and salt and pepper to taste.

Nutrition Facts

PROTEIN 5.14% FAT 70.66% CARBS 24.2%

Properties

Glycemic Index:16.88, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:5.1330435250116%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 86.15kcal (4.31%), Fat: 7.43g (11.42%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.94g (1.05%), Cholesterol: 0mg (0%), Sodium: 4.57mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Fiber: 3.63g (14.5%), Vitamin K: 11.83µg (11.26%), Vitamin C: 9.14mg (11.08%), Folate: 44.08µg (11.02%), Potassium: 292.18mg (8.35%), Vitamin E: 1.14mg (7.58%), Vitamin B6: 0.15mg (7.57%), Vitamin B5: 0.72mg (7.24%), Copper: 0.11mg (5.41%), Manganese: 0.1mg (4.98%), Vitamin B3: 0.98mg (4.9%), Magnesium: 17.07mg (4.27%), Vitamin B2: 0.07mg (4.13%), Vitamin A: 205.38IU (4.11%), Phosphorus: 31.94mg (3.19%), Vitamin B1: 0.04mg (2.85%), Zinc: 0.36mg (2.41%), Iron: 0.33mg (1.86%)