



 **75%**
HEALTH SCORE

Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



625 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 avocados ripe
- 4 servings pepper black freshly ground
- 1 handful cilantro leaves fresh with stems, 1/2 cup, finely chopped
- 1 garlic clove minced smashed
- 3 juice of lime juiced
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 2 serrano chiles cut into rounds

1 medium onion yellow chopped

Equipment

mixing bowl

plastic wrap

potato masher

Directions

Watch how to make this recipe.

Halve and pit the avocados. With a tablespoon, scoop out the flesh into a mixing bowl. Mash the avocados using either a fork or potato masher, leaving them still a bit chunky.

Add the remaining ingredients, and fold everything together.

Drizzle with a little olive oil, adjust seasoning with salt and pepper and give it 1 final mix with a fork.

Lay a piece of plastic wrap tight on the surface of the guacamole so it doesn't brown and refrigerate for at least 1 hour before serving.

Nutrition Facts



PROTEIN 3.89% **FAT 77.89%** **CARBS 18.22%**

Properties

Glycemic Index:40.25, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:28.541738831479%

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 Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 625.34kcal (31.27%), Fat: 58.39g (89.83%), Saturated Fat: 8.37g (52.32%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 9.79g (3.56%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 217.63mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Fiber: 20.94g (83.75%), Vitamin K: 75.62µg (72.02%), Folate: 253.04µg (63.26%), Vitamin E: 8.36mg (55.73%), Vitamin C: 40.79mg (49.44%), Potassium: 1547.63mg (44.22%), Vitamin B5: 4.27mg (42.67%), Vitamin B6: 0.84mg (42.13%), Copper: 0.6mg (29.97%), Vitamin B3: 5.37mg (26.87%), Manganese: 0.5mg (25.17%), Vitamin B2: 0.41mg (23.99%), Magnesium: 93.27mg (23.32%), Phosphorus: 170.89mg (17.09%), Vitamin B1: 0.22mg (14.95%), Zinc: 2.02mg (13.45%), Vitamin A: 548.19IU (10.96%), Iron: 1.88mg (10.46%), Calcium: 48.72mg (4.87%), Selenium: 1.5µg (2.14%)