



Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh roughly chopped
- ☐ 2 cloves garlic
- ☐ 2 hass avocados ripe
- ☐ 1 juice of lime juiced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 plum tomatoes diced cored ripe
- ☐ 0.3 to (with seeds), minced
- ☐ 0.5 small or red yellow minced

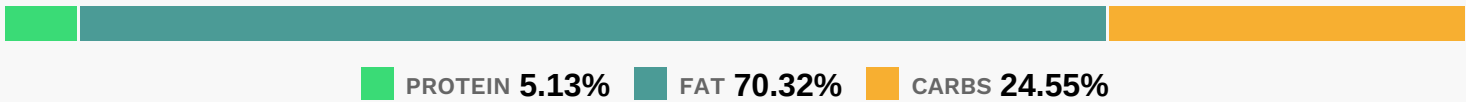
Equipment

- ☐ bowl
- ☐ knife
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Soak the onion in cold water for 15 minutes.
- ☐ Drain and transfer to a large bowl.
- ☐ On a cutting board, lightly sprinkle the garlic with 1/4 teaspoon of salt and smash it into a paste with the side of a cook's knife.
- ☐ Transfer the paste to the bowl with the onion.
- ☐ Using a knife cut the avocados in half, rotating around the seeds.
- ☐ Remove the seeds and discard. Using the knife, carefully make several slashes in the avocado flesh. Using a spoon, scoop the avocado flesh into the bowl with the onion and garlic. Repeat with the remaining avocado.
- ☐ Add the lime juice, cilantro, tomato, and jalapeno, to taste, to the avocados. Using a rubber spatula or large fork, mix until just combined, keeping the guacamole chunky. Season with salt, to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.33, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:13.410434728083%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg,

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 231.33kcal (11.57%), Fat: 19.78g (30.43%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 5.88g (2.14%), Sugar: 2.44g (2.72%), Cholesterol: 0mg (0%), Sodium: 399.42mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Fiber: 9.66g (38.64%), Vitamin K: 30.98µg (29.51%), Folate: 116.66µg (29.17%), Vitamin C: 22.67mg (27.48%), Potassium: 749.73mg (21.42%), Vitamin B6: 0.42mg (20.84%), Vitamin E: 2.96mg (19.74%), Vitamin B5: 1.93mg (19.32%), Copper: 0.28mg (14.2%), Manganese: 0.28mg (13.8%), Vitamin B3: 2.52mg (12.61%), Magnesium: 44.52mg (11.13%), Vitamin B2: 0.19mg (11.06%), Phosphorus: 84.85mg (8.48%), Vitamin A: 403.91IU (8.08%), Vitamin B1: 0.11mg (7.53%), Zinc: 0.96mg (6.39%), Iron: 0.89mg (4.92%), Calcium: 27.94mg (2.79%), Selenium: 0.93µg (1.33%)