



Guacamole

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocados ripe
- ☐ 0.3 teaspoon chili powder
- ☐ 1 handful cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 juice of lime juiced
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.5 medium onion red chopped

☐ 1 vine-ripe tomato diced

Equipment

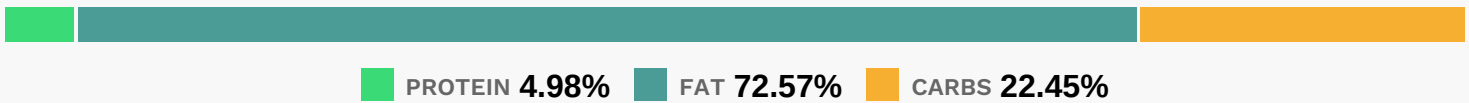
☐ mixing bowl

☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Halve and pit the avocados; scoop out the flesh with a tablespoon into a mixing bowl. Mash the avocados with a fork, leaving them still a bit chunky.
- ☐ Add the remaining ingredients, and fold everything together to gently mix.
- ☐ Lay a piece of plastic wrap right on the surface of the guacamole so it doesn't brown and refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:12.894782501718%

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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 224.45kcal (11.22%), Fat: 19.79g (30.44%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 4.31g (1.57%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 206.56mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Fiber: 9.47g (37.87%), Vitamin K: 31.99µg (30.47%), Folate: 114.32µg (28.58%), Vitamin C: 18.73mg (22.7%), Potassium: 726.35mg (20.75%), Vitamin E: 2.95mg (19.66%),

Vitamin B6: 0.38mg (19.15%), Vitamin B5: 1.9mg (19.04%), Copper: 0.28mg (13.82%), Vitamin B3: 2.5mg (12.48%), Manganese: 0.24mg (12.11%), Vitamin B2: 0.18mg (10.82%), Magnesium: 43.16mg (10.79%), Vitamin A: 439.89IU (8.8%), Phosphorus: 79.71mg (7.97%), Vitamin B1: 0.1mg (7%), Zinc: 0.93mg (6.2%), Iron: 0.91mg (5.04%), Calcium: 23.46mg (2.35%)