



Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocados ripe
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 teaspoon cumin
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 juice of lime juiced
- ☐ 0.5 onion red chopped
- ☐ 6 servings salt and pepper to taste

☐ 1 tomatoes diced

Equipment

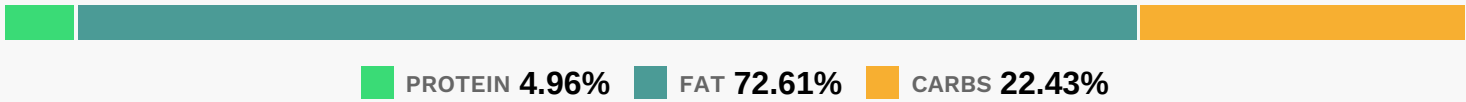
☐ mixing bowl

☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Pit and halve avocados and scoop out flesh into a mixing bowl. Mash avocados with a fork, leaving it still a bit chunky.
- ☐ Add remaining ingredients, gently mix.
- ☐ Refrigerate covered with plastic wrap for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:12.752174014631%

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: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 224.33kcal (11.22%), Fat: 19.79g (30.44%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 206.31mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Fiber: 9.45g (37.81%), Vitamin K: 30.34µg (28.9%), Folate: 113.99µg (28.5%), Vitamin C: 18.59mg (22.53%), Potassium: 723.57mg (20.67%), Vitamin E: 2.94mg (19.57%), Vitamin B6: 0.38mg (19.11%), Vitamin B5: 1.9mg (19.01%), Copper: 0.28mg (13.76%), Vitamin B3: 2.49mg (12.45%),

Manganese: 0.24mg (12%), Vitamin B2: 0.18mg (10.77%), Magnesium: 43.03mg (10.76%), Vitamin A: 403.9IU (8.08%), Phosphorus: 79.45mg (7.95%), Vitamin B1: 0.1mg (6.98%), Zinc: 0.93mg (6.18%), Iron: 0.9mg (4.99%), Calcium: 23.1mg (2.31%)