

health-score100%

HEALTH SCORE

Guacamole

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

1

CALORIES

calories

667 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

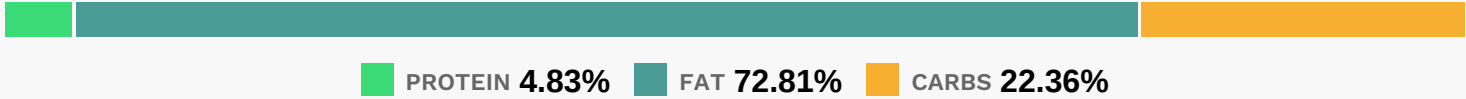
- ☐ 2 irm-ripe avocados
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 tablespoon jalapeño chili fresh minced
- ☐ 3 tablespoons juice of lime
- ☐ 1 serving salt to taste

Equipment

Directions

 Peel, pit, and slice 2 firm-ripe avocados (3/4 lb. total) and mash with a fork. Stir in 3 tablespoons lime juice, 1/4 cup thinly sliced green onions, 2 tablespoons minced fresh cilantro, 1 tablespoon minced fresh jalapeo chili, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:136, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:38.986521472102%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 666.98kcal (33.35%), Fat: 59.23g (91.13%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 12.71g (4.62%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 227.65mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin K: 141.7µg (134.95%), Fiber: 28.21g (112.83%), Vitamin C: 76.41mg (92.61%), Folate: 350.67µg (87.67%), Vitamin E: 9.11mg (60.77%), Potassium: 2112.76mg (60.36%), Vitamin B5: 5.71mg (57.1%), Vitamin B6: 1.13mg (56.48%), Copper: 0.81mg (40.28%), Vitamin B3: 7.39mg (36.95%), Vitamin B2: 0.56mg (33.01%), Magnesium: 127.64mg (31.91%), Manganese: 0.64mg (31.87%), Phosphorus: 228.87mg (22.89%), Vitamin A: 1074.35IU (21.49%), Vitamin B1: 0.3mg (20.06%), Zinc: 2.73mg (18.21%), Iron: 2.67mg (14.86%), Calcium: 75mg (7.5%), Selenium: 1.87µg (2.67%)