



Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 haas avocados diced pitted ripe peeled
- ☐ 1 jalapeños diced finely
- ☐ 2 juice of lime
- ☐ 3 tablespoons onion diced red finely
- ☐ 4 servings salt and pepper black freshly ground

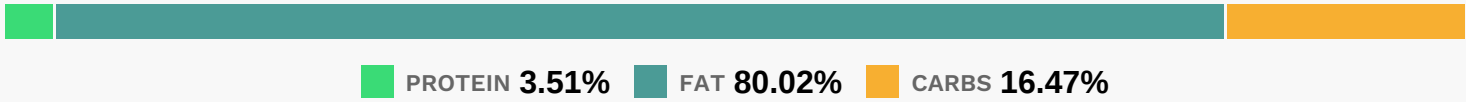
Equipment

bowl

Directions

- Watch how to make this recipe.
- Mash the cilantro, onions, canola oil, if using, avocados, lime juice and jalapenos together in a bowl, using a fork; guacamole should be chunky. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:1.31, Inflammation Score:-6, Nutrition Score:14.998695549758%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 342.27kcal (17.11%), Fat: 32.7g (50.31%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 4.71g (1.71%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 11.74mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Fiber: 10.44g (41.76%), Vitamin K: 43.18µg (41.12%), Vitamin E: 5.14mg (34.29%), Folate: 126.61µg (31.65%), Vitamin C: 24.55mg (29.76%), Potassium: 774.86mg (22.14%), Vitamin B5: 2.14mg (21.4%), Vitamin B6: 0.42mg (20.93%), Copper: 0.3mg (14.93%), Vitamin B3: 2.71mg (13.55%), Manganese: 0.25mg (12.34%), Vitamin B2: 0.2mg (12.03%), Magnesium: 46.62mg (11.66%), Phosphorus: 84.21mg (8.42%), Vitamin B1: 0.11mg (7.36%), Zinc: 1mg (6.67%), Vitamin A: 333.5IU (6.67%), Iron: 0.89mg (4.97%), Calcium: 23.45mg (2.34%)