



Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 pounds avocado
- 0.3 cup cilantro leaves finely chopped
- 1 tablespoon kosher salt
- 0.3 cup juice of lime freshly squeezed
- 0.3 pound roma tomatoes finely chopped
- 2 tablespoons spring onion thinly sliced
- 1 medium serrano chiles minced seeded

Equipment

- mixing bowl
- potato masher

Directions

- Halve the avocados, remove the pits, and scoop the flesh into a large mixing bowl. Mash with the back of a large fork or a potato masher to make a chunky paste.
- Add the remaining ingredients and stir to combine. Taste, adjust the seasoning as needed, and serve immediately.

Nutrition Facts

PROTEIN 4.76% **FAT 74.31%** **CARBS 20.93%**

Properties

Glycemic Index:23.67, Glycemic Load:1.89, Inflammation Score:-8, Nutrition Score:20.839130500089%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg 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: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 369.91kcal (18.5%), Fat: 33.4g (51.38%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 5.6g (2.04%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 1180.49mg (51.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Fiber: 15.57g (62.28%), Vitamin K: 55.51µg (52.86%), Folate: 189.47µg (47.37%), Vitamin C: 29.3mg (35.51%), Potassium: 1168.83mg (33.4%), Vitamin E: 4.85mg (32.36%), Vitamin B5: 3.19mg (31.87%), Vitamin B6: 0.61mg (30.45%), Copper: 0.45mg (22.51%), Vitamin B3: 4.11mg (20.53%), Vitamin B2: 0.3mg (17.85%), Manganese: 0.36mg (17.82%), Magnesium: 69.48mg (17.37%), Phosphorus: 125.34mg (12.53%), Vitamin A: 567.9IU (11.36%), Vitamin B1: 0.16mg (10.9%), Zinc: 1.51mg (10.06%), Iron: 1.37mg (7.6%), Calcium: 33.23mg (3.32%), Selenium: 0.94µg (1.35%)