



Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



44

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large avocado pitted ripe peeled mashed
- 1.5 cups tomatoes finely chopped
- 2 pepper flakes seeded finely chopped
- 0.5 cup onion chopped
- 1 garlic clove finely chopped
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 tablespoons juice of lemon
- 0.5 teaspoon salt

- 1 Dash pepper
- 1 serving tortilla chips

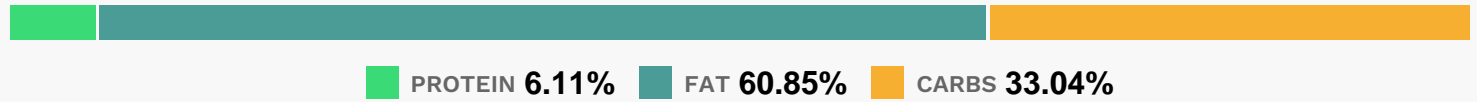
Equipment

- bowl

Directions

- Mix all ingredients except tortilla chips in glass or plastic bowl. Cover and refrigerate 1 hour to blend flavors.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:5.55, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.3847826155631%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 20.34kcal (1.02%), Fat: 1.5g (2.3%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.4g (0.45%), Cholesterol: 0mg (0%), Sodium: 29.69mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 4.97mg (6.03%), Fiber: 0.77g (3.09%), Vitamin K: 2.81µg (2.67%), Folate: 9.2µg (2.3%), Vitamin B6: 0.04mg (2.12%), Potassium: 67.86mg (1.94%), Vitamin E: 0.25mg (1.7%), Vitamin A: 76.47IU (1.53%), Vitamin B5: 0.15mg (1.47%), Manganese: 0.03mg (1.33%), Copper: 0.02mg (1.24%), Vitamin B3: 0.22mg (1.12%), Magnesium: 4.46mg (1.12%)