



GUACAMOLE



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small avocados ripe
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons jalapeno fresh finely chopped
- ☐ 1 lime
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl

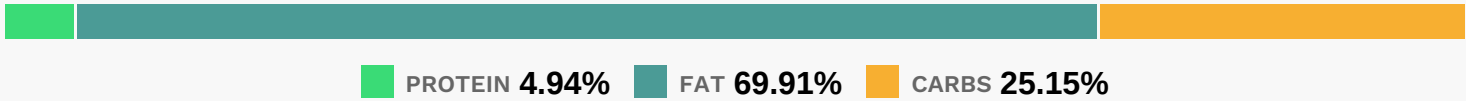
☐

 knife

Directions

- ☐ Cut each avocado in half, working around the pit. Twist apart, and remove the pit with a knife. Peel off the skin and toss in a bowl.
- ☐ Add the lime juice to prevent from browning, mash the avocados.
- ☐ Add the onion, Jalapeño pepper, cilantro and salt.To serve as a dip, transfer to a serving dish, garnish with cilantro and serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:1.49, Inflammation Score:-6, Nutrition Score:11.027826104475%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 173.32kcal (8.67%), Fat: 14.86g (22.87%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 4.32g (1.57%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 153.91mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 29.28mg (35.49%), Fiber: 7.72g (30.86%), Vitamin K: 26.43µg (25.17%), Folate: 88.3µg (22.08%), Vitamin E: 2.55mg (16.98%), Vitamin B6: 0.33mg (16.31%), Potassium: 552.25mg (15.78%), Vitamin B5: 1.49mg (14.86%), Copper: 0.21mg (10.66%), Vitamin B3: 1.95mg (9.74%), Manganese: 0.17mg (8.62%), Vitamin B2: 0.15mg (8.6%), Magnesium: 33.1mg (8.28%), Vitamin A: 344.06IU (6.88%), Phosphorus: 61.58mg (6.16%), Vitamin B1: 0.08mg (5.48%), Zinc: 0.7mg (4.66%), Iron: 0.72mg (4.01%), Calcium: 22mg (2.2%)