



 **22%**
HEALTH SCORE

Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large haas avocados ripe
- 2 tablespoons onion finely chopped
- 1 tablespoon jalapeno (seeds removed) finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon juice of lime fresh
- 1 teaspoon basil fresh chopped

- 1 teaspoon basil fresh chopped
- 1 teaspoon oregano fresh chopped

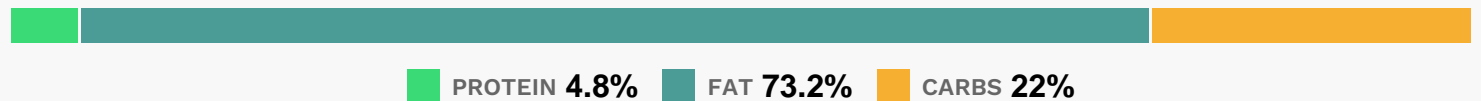
Equipment

- bowl
- chefs knife

Directions

- Cut the avocados in half lengthwise. Drive chef's knife into large pit and twist to remove. Scoop the avocado out from the skin into a bowl.
- Mash the avocado with a fork, add in onion and cilantro, oregano and basil..
- Mix to incorporate.
- Season to taste with salt, pepper and lime juice.
- Serve immediately or chill. If you are not going to eat the guacamole immediately, store in refrigerator with plastic film wrap pressed onto the guacamole.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:9.9669565217391%

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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Taste

Sweetness: 7.57%, Saltiness: 5.11%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 166.55kcal (8.33%), Fat: 14.82g (22.81%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.12g (1.25%), Cholesterol: 0mg (0%), Sodium: 298.71mg (12.99%), Protein: 2.19g (4.38%), Fiber: 7.2g (28.78%), Vitamin K: 28.36µg (27.01%), Folate: 85.59µg (21.4%), Vitamin C: 16.28mg (19.74%), Vitamin E: 2.34mg (15.61%), Potassium: 520.96mg (14.88%), Vitamin B6: 0.29mg (14.42%), Vitamin B5: 1.43mg (14.3%), Copper: 0.2mg (10.12%), Manganese: 0.19mg (9.6%), Vitamin B3: 1.84mg (9.22%), Vitamin B2: 0.14mg (8.21%), Magnesium: 32.26mg (8.07%), Phosphorus: 56.56mg (5.66%), Vitamin A: 268.09IU (5.36%), Vitamin B1: 0.07mg (4.91%), Zinc: 0.68mg (4.54%), Iron: 0.79mg (4.38%), Calcium: 23.39mg (2.34%)