



Guacamole and Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



11

CALORIES



214 kcal

SIDE DISH

Ingredients

- 2 pepper flakes
- 2 large avocado ripe
- 2 tablespoons juice of lemon
- 2 tablespoons cilantro leaves fresh finely chopped
- 0.5 teaspoon salt
- 1 Dash pepper
- 1 clove garlic finely chopped
- 1.5 cups tomatoes finely chopped

- 0.5 cup onion chopped
- 13.5 ounces baked tortilla chips

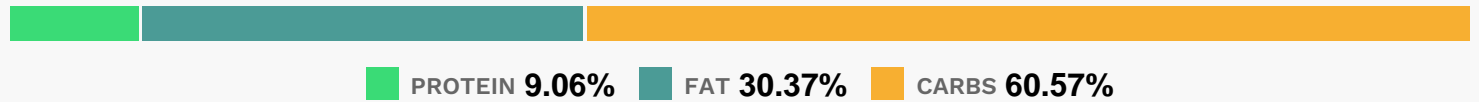
Equipment

- bowl

Directions

- Remove stems, seeds and membranes from chilies; chop chilies.
- Cut avocados lengthwise in half; remove pit and peel.
- Place avocados in medium glass or plastic bowl; mash.
- Stir in chilies and remaining ingredients except tortilla chips. Cover and refrigerate at least 1 hour to blend flavors.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:22.18, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:8.3360870610113%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 213.75kcal (10.69%), Fat: 7.45g (11.46%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 28.63g (10.41%), Sugar: 1.82g (2.03%), Cholesterol: 0mg (0%), Sodium: 256.19mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin C: 19.96mg (24.2%), Fiber: 4.8g (19.2%), Phosphorus: 140.83mg (14.08%), Magnesium: 49.46mg (12.37%), Vitamin B6: 0.23mg (11.39%), Folate: 42.08µg (10.52%),

Potassium: 361.42mg (10.33%), Vitamin K: 10.77µg (10.26%), Vitamin B2: 0.16mg (9.33%), Selenium: 5.73µg (8.18%), Vitamin E: 1.2mg (7.99%), Vitamin B1: 0.12mg (7.94%), Vitamin A: 341.97IU (6.84%), Copper: 0.13mg (6.74%), Calcium: 65.37mg (6.54%), Vitamin B5: 0.56mg (5.57%), Manganese: 0.11mg (5.32%), Iron: 0.92mg (5.12%), Vitamin B3: 1.02mg (5.09%), Zinc: 0.71mg (4.72%)