



Guacamole Butter



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small avocado
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 spring onion chopped
- ☐ 1 pinch ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons cream light sour

Equipment

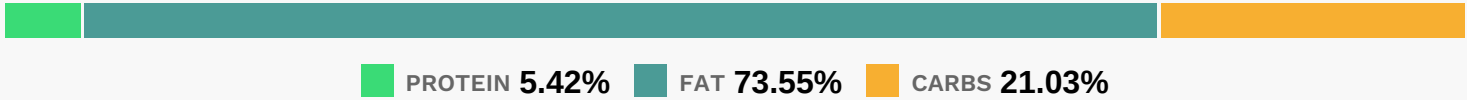
- ☐ food processor

- ☐ bowl
- ☐ blender

Directions

- ☐ Peel and coarsely chop avocado, discarding pit.
- ☐ Process avocado, green onions, and remaining ingredients in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Place mixture in a bowl; cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.15956521544444%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 36.24kcal (1.81%), Fat: 3.22g (4.95%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.2g (0.22%), Cholesterol: 0.84mg (0.28%), Sodium: 61.96mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin K: 9.46µg (9.01%), Fiber: 1.41g (5.66%), Folate: 18.14µg (4.54%), Potassium: 109.83mg (3.14%), Vitamin C: 2.51mg (3.04%), Vitamin E: 0.44mg (2.94%), Vitamin B5: 0.28mg (2.81%), Vitamin B6: 0.05mg (2.7%), Copper: 0.04mg (2.04%), Vitamin B2: 0.03mg (1.83%), Vitamin B3: 0.37mg (1.83%), Manganese: 0.03mg (1.65%), Magnesium: 6.59mg (1.65%), Vitamin A: 70.71IU (1.41%), Phosphorus: 13.11mg (1.31%), Vitamin B1: 0.02mg (1.06%), Zinc: 0.15mg (1.01%)