



Guacamole Holiday Tree

READY IN



15 min.

SERVINGS



15

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 fully avocado ripe
- 8 oz philadelphia cream cheese
- 8 grape tomatoes halved
- 1 green onion thinly sliced
- 2 tsp juice of lime
- 1 Tbsp real mayo mayonnaise kraft
- 1 jalapeño pepper
- 80 ritz snowflake crackers

Equipment

- bowl
- plastic wrap

Directions

- Cut block of cream cheese diagonally in half.
- Place triangles together on 12x10-inch piece of plastic wrap to resemble a tree. Cover with second 12x10-inch piece of plastic wrap. Press to flatten cream cheese tree into 7-inch-tall tree with 6-inch-wide base. Peel off top sheet of plastic wrap. Invert cream cheese tree onto serving plate; remove remaining plastic wrap.
- Mash avocado in medium bowl.
- Add mayo and lime juice; mix well.
- Spread over cream cheese.
- Cut 3 thin slices from pepper; place on top of tree. Seed and chop remaining pepper. Decorate tree with peppers, tomatoes and onions.
- Place 8 crackers, in 2 stacks of 4 each, at base of tree for the trunk.
- Serve with remaining crackers.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:4.4947825907527%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

0.14mg

Nutrients (% of daily need)

Calories: 161.56kcal (8.08%), Fat: 11.6g (17.84%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.24g (4.09%), Sugar: 2.23g (2.48%), Cholesterol: 15.66mg (5.22%), Sodium: 195.98mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 15.12µg (14.4%), Vitamin E: 1.05mg (7.01%), Phosphorus: 69.69mg (6.97%), Folate: 25.73µg (6.43%), Manganese: 0.13mg (6.37%), Vitamin A: 307.42IU (6.15%), Vitamin B1: 0.09mg (5.82%), Vitamin B2: 0.1mg (5.73%), Fiber: 1.41g (5.66%), Vitamin B3: 1.09mg (5.44%), Iron: 0.85mg (4.73%), Calcium: 42.86mg (4.29%), Potassium: 129.53mg (3.7%), Vitamin C: 2.93mg (3.55%), Vitamin B5: 0.34mg (3.44%), Vitamin B6: 0.06mg (3.04%), Selenium: 2.12µg (3.03%), Copper: 0.06mg (2.76%), Magnesium: 9.62mg (2.41%), Zinc: 0.28mg (1.87%)