



 **15%**  
HEALTH SCORE

## Guacamole – I Adore Food

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 avocado ripe
- 2 roma tomatoes
- 0.5 juice of lemon
- 0.3 cup onion red finely chopped
- 2 garlic finely chopped
- 2 Tablespoon olive oil
- 3 Tablespoon cilantro leaves fresh chopped
- 1 pinch salt

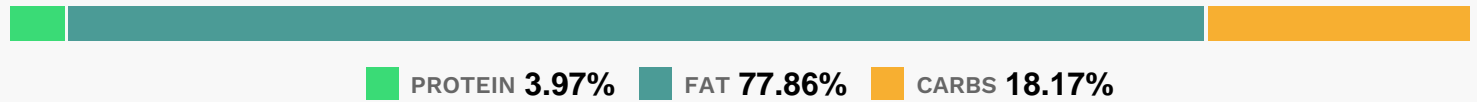
# Equipment

- food processor
- plastic wrap

# Directions

- If you want a chunky guacamole, mash up the avocados with a fork. If you want a smooth guacamole, put the flesh of the two avocados in a food processor and puree.
- Mix in the rest of the ingredients and set aside in the fridge for at least an hour or two before serving.
- Make sure that when you cover your guacamole, to leave no space for air between your plastic wrap and your guacamole. This will prevent it from browning.

# Nutrition Facts



# Properties

Glycemic Index:20.88, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:5.4330434889897%

# Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

# Nutrients (% of daily need)

Calories: 117.69kcal (5.88%), Fat: 10.93g (16.82%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 2.08g (0.75%), Sugar: 1.01g (1.12%), Cholesterol: 0mg (0%), Sodium: 9.62mg (0.42%), Alcohol: 0g (100%), Protein: 1.25g (2.51%), Fiber: 3.66g (14.65%), Vitamin K: 14.38µg (13.7%), Folate: 44.47µg (11.12%), Vitamin E: 1.64mg (10.91%), Vitamin C: 8.52mg (10.33%), Potassium: 293.5mg (8.39%), Vitamin B6: 0.16mg (7.9%), Vitamin B5: 0.73mg (7.26%), Copper: 0.11mg (5.47%), Manganese: 0.11mg (5.44%), Vitamin B3: 0.98mg (4.9%), Magnesium:

17.12mg (4.28%), Vitamin A: 212.88IU (4.26%), Vitamin B2: 0.07mg (4.17%), Phosphorus: 32.67mg (3.27%), Vitamin B1: 0.04mg (2.92%), Zinc: 0.37mg (2.45%), Iron: 0.37mg (2.03%), Calcium: 10.34mg (1.03%)