



Guacamole 'n Cheese

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados pitted mashed halved
- 0.5 cup cheddar cheese grated
- 1 tablespoon juice of lemon
- 2 drops pepper sauce hot to taste tabasco® (such as)
- 1 medium tomatoes chopped
- 1 teaspoon worcestershire sauce

Equipment

- bowl

Directions

- Stir mashed avocados, lemon juice, Worcestershire sauce, and hot pepper sauce in a bowl. Fold Cheddar cheese and tomatoes into avocado mixture.

Nutrition Facts

PROTEIN 9.24% FAT 73.11% CARBS 17.65%

Properties

Glycemic Index:17.5, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:7.7895651381949%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 150.67kcal (7.53%), Fat: 13.1g (20.15%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.18g (1.31%), Cholesterol: 9.42mg (3.14%), Sodium: 89.14mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Fiber: 4.74g (18.97%), Vitamin K: 15.93µg (15.17%), Folate: 59.92µg (14.98%), Vitamin C: 10.86mg (13.16%), Potassium: 391.84mg (11.2%), Vitamin E: 1.57mg (10.49%), Vitamin B5: 0.99mg (9.91%), Vitamin B6: 0.2mg (9.84%), Phosphorus: 83.72mg (8.37%), Vitamin B2: 0.13mg (7.91%), Calcium: 77.91mg (7.79%), Vitamin A: 364.42IU (7.29%), Copper: 0.14mg (7.25%), Vitamin B3: 1.3mg (6.51%), Magnesium: 24.52mg (6.13%), Manganese: 0.12mg (6%), Zinc: 0.81mg (5.42%), Selenium: 2.94µg (4.2%), Vitamin B1: 0.06mg (3.78%), Iron: 0.5mg (2.75%), Vitamin B12: 0.1µg (1.66%)