



Guacamole on the Half Shell

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

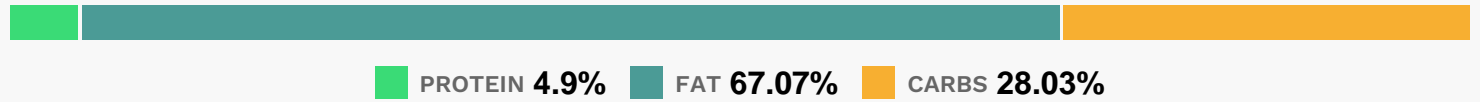
- 0.5 lb firm-ripe avocado
- 4 to 6 warm corn tortillas) tortilla chips (6 in.)
- 2 oz lime rinsed cut in half
- 2 tablespoons tomato salsa or
- 2 servings salt

Equipment

Directions

- Cut avocado in half lengthwise; remove pit. Set each half, cut side up, on a salad plate. Spoon 1 tablespoon salsa into each cavity. Set lime halves and tortillas alongside.
- To eat, squeeze lime halves over avocado and sprinkle with salt to taste. With a fork or a spoon, mash avocado slightly with salsa in peel, then spoon mixture onto tortillas.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.53, Inflammation Score:-5, Nutrition Score:11.849999873534%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 219.69kcal (10.98%), Fat: 18.02g (27.72%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 8.19g (2.98%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 565.56mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin C: 29.31mg (35.53%), Fiber: 8.75g (35.02%), Vitamin K: 25.55µg (24.33%), Folate: 95.62µg (23.91%), Vitamin E: 2.64mg (17.58%), Potassium: 608.58mg (17.39%), Vitamin B5: 1.72mg (17.22%), Vitamin B6: 0.33mg (16.74%), Copper: 0.24mg (12.17%), Vitamin B3: 2.11mg (10.57%), Magnesium: 40.28mg (10.07%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.17mg (8.51%), Phosphorus: 79mg (7.9%), Vitamin B1: 0.1mg (6.5%), Zinc: 0.85mg (5.7%), Iron: 0.95mg (5.27%), Vitamin A: 200.98IU (4.02%), Calcium: 30.48mg (3.05%), Selenium: 0.83µg (1.19%)