



Guacamole With Cumin-Dusted Tortilla Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



354 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 6-inch flour and/or corn tortillas blue cut into quarters
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 4 hass avocados pitted ripe peeled chopped
- ☐ 1 jalapeno diced finely
- ☐ 0.3 juice of lime
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground

- ☐ 6 servings vegetable oil; peanut oil preferred for deep-frying
- ☐ 0.5 small onion diced red finely

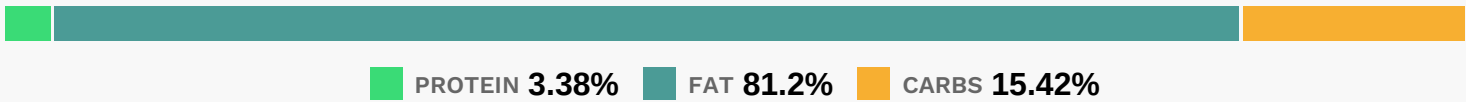
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 2 inches peanut oil to 360 degrees F in a high-sided skillet. Fry the tortillas in batches until golden brown and crisp, 3 to 4 minutes.
- ☐ Drain on paper towels and season immediately with cumin and salt.
- ☐ Combine the avocados, red onion, jalapeno, lime juice and cilantro in a bowl and gently mix to a chunky consistency. Season with salt and pepper.
- ☐ Serve immediately with the cumin tortilla chips.
- ☐ Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:13.446521898975%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 354.02kcal (17.7%), Fat: 34.02g (52.34%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 399.51mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Fiber: 9.46g (37.82%), Vitamin E: 5.11mg (34.08%), Vitamin K: 30.83µg (29.37%), Folate: 112.13µg (28.03%), Vitamin C: 17.48mg (21.19%), Potassium: 697.23mg (19.92%), Vitamin B6: 0.38mg (19.02%), Vitamin B5: 1.89mg (18.89%), Copper: 0.27mg (13.68%), Manganese: 0.25mg (12.54%), Vitamin B3: 2.46mg (12.3%), Magnesium: 45.93mg (11.48%), Vitamin B2: 0.18mg (10.87%), Phosphorus: 82.71mg (8.27%), Iron: 1.48mg (8.2%), Vitamin B1: 0.11mg (7.1%), Zinc: 0.97mg (6.45%), Vitamin A: 279.39IU (5.59%), Calcium: 31.36mg (3.14%), Selenium: 0.93µg (1.33%)