



Guacamole with Fresh Corn and Chipotle



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds avocado pitted ripe peeled halved
- ☐ 1 chipotles in adobo canned finely chopped
- ☐ 1 ears corn fresh
- ☐ 2 spring onion chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 plum tomatoes diced seeded
- ☐ 0.3 cup cream sour

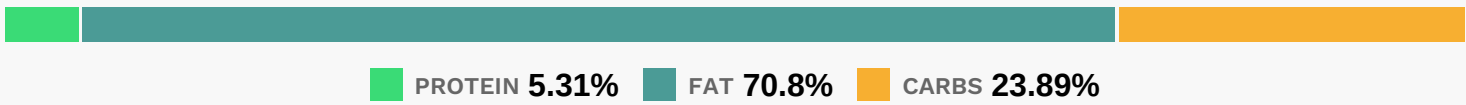
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Mash avocados with lime juice in medium bowl. Using sharp knife, remove corn kernels from cob and add to avocado mixture. Stir in tomato and green onions.
- ☐ Combine chipotle and sour cream in small bowl; whisk to blend. Stir cream mixture into avocado mixture. Season with salt. Do ahead: Can be made 4 hours ahead.
- ☐ Place plastic wrap directly onto surface of guacamole and refrigerate. Bring to room temperature before serving.
- ☐ *Chipotle chiles are dried, smoked jalapeños canned in adobo sauce. They are available at some supermarkets, at specialty foods stores, and at Latin markets.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:8.8143477750861%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 164.06kcal (8.2%), Fat: 14.07g (21.65%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 4.39g (1.6%), Sugar: 1.94g (2.16%), Cholesterol: 4.24mg (1.41%), Sodium: 10.79mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Fiber: 6.29g (25.16%), Vitamin K: 24.84µg (23.65%),

Folate: 77.32µg (19.33%), Vitamin C: 11.52mg (13.97%), Potassium: 480.69mg (13.73%), Vitamin B5: 1.3mg (12.98%), Vitamin E: 1.86mg (12.39%), Vitamin B6: 0.24mg (12.04%), Copper: 0.18mg (8.83%), Vitamin B3: 1.75mg (8.75%), Vitamin B2: 0.13mg (7.82%), Magnesium: 31.15mg (7.79%), Manganese: 0.15mg (7.69%), Phosphorus: 62.93mg (6.29%), Vitamin A: 285.49IU (5.71%), Vitamin B1: 0.08mg (5.39%), Zinc: 0.65mg (4.31%), Iron: 0.64mg (3.57%), Calcium: 20.89mg (2.09%)