



Guacamole with Pear and Pomegranate Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup pears diced peeled finely
- 1 teaspoon coarse salt
- 3 serrano chiles with seeds finely chopped
- 2 tablespoons juice of lime fresh
- 2 pounds avocado ripe (4 large)
- 0.8 cup grapes seedless halved
- 0.8 cup pomegranate seeds
- 0.3 cup onion white finely chopped

1 can frangelico (mexican mortar and pestle)

Equipment

food processor

Directions

In a molcajete or food processor, grind onion, chiles, and salt into a rough paste. Gradually add the avocado, coarsely mashing it (you'll want it to be chunky). Stir in the lime juice. Fold in the pear, grapes, and 1/2 cup of the pomegranate seeds.

Sprinkle remaining 1/4 cup pomegranate seeds over the guacamole and serve.

Nutrition Facts

 **PROTEIN 4.73%**  **FAT 64.11%**  **CARBS 31.16%**

Properties

Glycemic Index:27.09, Glycemic Load:4.27, Inflammation Score:-5, Nutrition Score:11.487826145214%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 216.89kcal (10.84%), Fat: 16.91g (26.02%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 9.47g (3.45%), Sugar: 6.95g (7.73%), Cholesterol: 0mg (0%), Sodium: 300.08mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Fiber: 9.02g (36.08%), Vitamin K: 29.38µg (27.98%), Folate: 101.19µg (25.3%), Vitamin C: 16.64mg (20.17%), Potassium: 651.86mg (18.62%), Vitamin B6: 0.34mg (17.02%), Vitamin E: 2.51mg (16.73%), Vitamin B5: 1.66mg (16.65%), Copper: 0.28mg (13.84%), Vitamin B3: 2.12mg (10.58%), Manganese: 0.21mg (10.54%), Vitamin B2: 0.17mg (10.21%), Magnesium: 38.25mg (9.56%), Phosphorus:

72.5mg (7.25%), Vitamin B1: 0.1mg (6.87%), Zinc: 0.83mg (5.5%), Iron: 0.79mg (4.37%), Vitamin A: 201.77IU (4.04%), Calcium: 20.41mg (2.04%)