



WHATSheATE



HEALTH SCORE

53%

Healthified Garlic Guacamole



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium avocado pitted peeled
- ☐ 0.1 teaspoon pepper black
- ☐ 3 8-inch flour tortilla for burritos (; from 11.5-oz package old el paso®)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 oz garlic
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 plum tomatoes seeds removed, chopped (Roma)
- ☐ 0.3 cup onion red finely chopped

- ☐ 9 servings savory vegetable fresh such as carrots and cucumbers assorted for dipping,
- ☐ 0.5 teaspoon salt

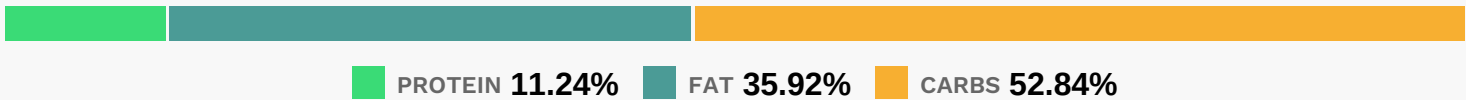
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Carefully peel paper-like layers from around bulb of garlic, leaving just enough to hold garlic cloves together.
- ☐ Cut 1/4- to 1/2-inch slice from top of bulb to expose cloves.
- ☐ Place cut side up on 6-inch piece of foil; wrap securely in foil.
- ☐ Place in pie plate or shallow baking dish.
- ☐ Bake 40 to 45 minutes or until garlic is tender when pierced with toothpick or fork. Cool.
- ☐ Spray 2 large cookie sheets with cooking spray.
- ☐ Cut each tortilla into 12 wedges.
- ☐ Place in single layer on cookie sheets. Spray with cooking spray.
- ☐ Bake uncovered 8 to 10 minutes or until light golden brown and crisp.
- ☐ In medium bowl, mash avocados. Stir in 1 teaspoon of the roasted garlic,* the lime juice, salt, black pepper and red pepper. Stir in onion, tomatoes and cilantro.
- ☐ Serve with baked tortilla chips and vegetables for dipping.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:7.75, Inflammation Score:-10, Nutrition Score:15.868695590807%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 197.53kcal (9.88%), Fat: 8.48g (13.04%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 20.36g (7.4%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 302.61mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin A: 4866.82IU (97.34%), Fiber: 7.71g (30.83%), Manganese: 0.51mg (25.45%), Vitamin C: 20.08mg (24.34%), Folate: 83.08µg (20.77%), Vitamin B1: 0.25mg (16.64%), Vitamin B6: 0.31mg (15.68%), Potassium: 516.29mg (14.75%), Vitamin B3: 2.85mg (14.23%), Phosphorus: 128.38mg (12.84%), Vitamin K: 12.7µg (12.1%), Vitamin B2: 0.2mg (11.54%), Copper: 0.22mg (11.08%), Magnesium: 43.17mg (10.79%), Iron: 1.91mg (10.6%), Vitamin B5: 0.86mg (8.63%), Selenium: 5.26µg (7.51%), Vitamin E: 1.05mg (7.01%), Calcium: 68.15mg (6.82%), Zinc: 0.9mg (6.03%)