



## Holy Moly Guacamole

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup avocado mashed (1 medium avocado's worth)
- 0.1 teaspoon pepper black plus more, optional
- 6 servings jalapeños jarred chopped
- 0.1 teaspoon chile powder
- 6 servings cilantro leaves fresh chopped
- 0.5 clove garlic minced
- 0.3 cup grape tomatoes chopped
- 0.3 cup greek yogurt plain fat-free

- 0.1 teaspoon ground cumin
- 4 teaspoons juice of lime
- 0.3 cup onion finely chopped
- 15 ounce young peas drained canned
- 0.3 teaspoon salt plus more, optional

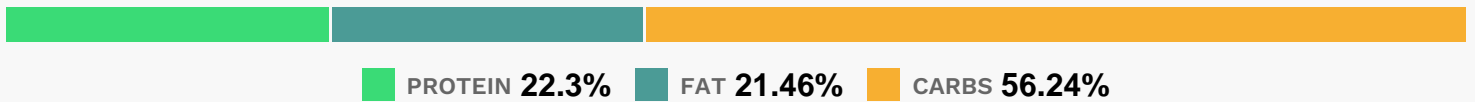
## Equipment

- food processor
- bowl
- blender
- potato masher

## Directions

- Watch how to make this recipe.
- Place peas in a medium bowl and mash thoroughly with a potato masher or fork. (Or puree peas in a small blender or food processor and transfer to a medium bowl.)
- Add avocado, yogurt, lime juice, garlic, 1/4 teaspoon salt, 1/8 black pepper, cumin, and chile powder. Continue to mash until blended.
- Stir in tomatoes, onion, and some cilantro and/or jalapenos, if using. Season with additional salt and pepper, if desired. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:41.39, Glycemic Load:3.08, Inflammation Score:-6, Nutrition Score:9.8513043134109%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 88.53kcal (4.43%), Fat: 2.21g (3.39%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 7.83g (2.85%), Sugar: 4.96g (5.51%), Cholesterol: 0.42mg (0.14%), Sodium: 122.62mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Vitamin C: 32.44mg (39.32%), Fiber: 5.17g (20.67%), Vitamin K: 21.46µg (20.44%), Manganese: 0.34mg (17.06%), Folate: 59.85µg (14.96%), Vitamin B1: 0.21mg (13.81%), Vitamin A: 668.4IU (13.37%), Phosphorus: 99.77mg (9.98%), Vitamin B6: 0.18mg (8.97%), Vitamin B3: 1.79mg (8.96%), Vitamin B2: 0.14mg (8.15%), Potassium: 284.14mg (8.12%), Copper: 0.16mg (8.11%), Magnesium: 30.3mg (7.58%), Zinc: 1.04mg (6.95%), Iron: 1.22mg (6.78%), Calcium: 32.82mg (3.28%), Selenium: 2.24µg (3.2%), Vitamin B5: 0.3mg (3.02%), Vitamin E: 0.43mg (2.88%)