

health-score 55%

HEALTH SCORE

Ina Garten's Guacamole

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Popular

READY IN

ready

15 min.

SERVINGS

servings

3

CALORIES

calories

456 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 large garlic clove minced
- ☐ 4 hass avocados ripe
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon freshly squeezed 1 lemon
- ☐ 0.5 cup small-diced onion red 1 small onion
- ☐ 8 dashes pepper sauce hot
- ☐ 3 servings multigrain chips for serving

☐

1 medium tomatoes seeded

Equipment

☐

bowl

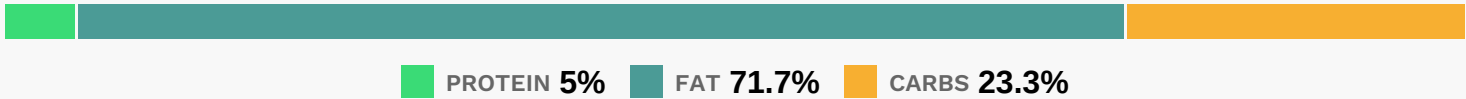
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knife

Directions

- ☐
- Cut the avocados in half, remove the pits and scoop the flesh out of their shells into a large bowl. Immediately add the lemon juice, hot pepper sauce, onion, garlic, salt and pepper and toss well. Using a sharp knife, slice through the avocados in the bowl until they are finely diced.
- ☐
- Add the tomato.
- ☐
- Mix well and taste for salt and pepper.
- ☐
- Serve with chips.
- ☐
- Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:77.11, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:26.038695646369%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 455.94kcal (22.8%), Fat: 39.72g (61.1%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 9.86g (3.59%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 809.44mg (35.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Fiber: 19.18g (76.73%), Folate: 231.68µg (57.92%), Vitamin K: 60.74µg (57.85%), Vitamin C: 40.77mg (49.42%), Potassium: 1469.07mg (41.97%), Vitamin B6: 0.78mg (38.85%), Vitamin E: 5.8mg (38.7%), Vitamin B5: 3.83mg (38.32%), Manganese: 0.57mg (28.48%), Copper: 0.56mg (27.95%), Vitamin B3: 4.99mg (24.95%), Magnesium: 87.4mg (21.85%), Vitamin B2: 0.37mg (21.67%), Phosphorus: 161.52mg (16.15%), Vitamin A: 738.41IU (14.77%), Vitamin B1: 0.21mg (14.28%), Zinc: 1.86mg (12.42%), Iron: 1.76mg (9.75%), Calcium: 48.65mg (4.86%), Selenium: 1.4µg (2%)