



John's great guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocado ripe
- ☐ 1 juice of lemon juiced
- ☐ 8 drops all the tabasco sauce you handle
- ☐ 1 to 5 chilies diced red deseeded finely
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 1 small onion red finely chopped
- ☐ 2 tbsp olive oil
- ☐ 4 servings salt to taste

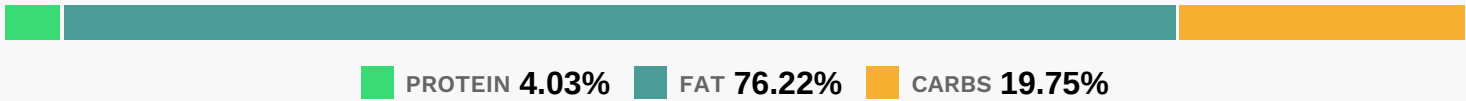
Equipment

☐ bowl

Directions

☐ Peel and stone avocados and put in a bowl. Mash using a fork until fairly smooth, but with a little texture. In a small bowl, mix together lemon juice, Tabasco sauce, chilli, coriander, onion, olive oil and salt. Fold this through the avocado. Make it just before serving and dont put it in the fridge.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:12.097391299579%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 240.51kcal (12.03%), Fat: 21.89g (33.67%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 5.3g (1.93%), Sugar: 2.66g (2.95%), Cholesterol: 0mg (0%), Sodium: 256.93mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin C: 33.19mg (40.23%), Vitamin K: 33.25µg (31.67%), Fiber: 7.45g (29.82%), Folate: 92.08µg (23.02%), Vitamin E: 3.24mg (21.57%), Vitamin B6: 0.36mg (17.89%), Potassium: 584.93mg (16.71%), Vitamin B5: 1.48mg (14.76%), Copper: 0.22mg (11.13%), Manganese: 0.21mg (10.51%), Vitamin B3: 1.95mg (9.77%), Vitamin B2: 0.15mg (9.04%), Magnesium: 35.56mg (8.89%), Vitamin A: 393.03IU (7.86%), Phosphorus: 66.85mg (6.69%), Vitamin B1: 0.09mg (6.13%), Zinc: 0.74mg (4.9%), Iron: 0.82mg (4.55%), Calcium: 22.1mg (2.21%)