



Low Fat Guacamole (Edamole)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 dash cayenne pepper



1 tsp cumin



2 cups edamame frozen thawed (soy beans)



0.3 cup cilantro leaves fresh



2 juice of lime whole juiced



0.5 onion sweet whole



1 tsp salt



1 garlic clove whole

☐ 1 tomatoes diced whole

Equipment

☐ food processor

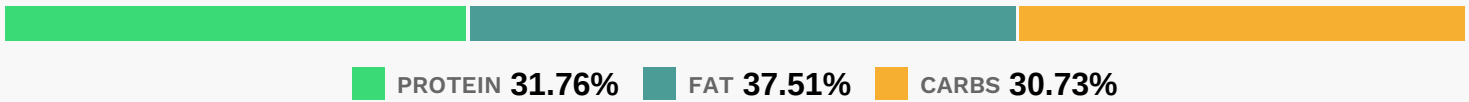
Directions

☐ Combine all ingredients except tomatoes in a food processor and blend until smooth, scraping sides as necessary. If its too rustic, add 1-2 tbsp water. Stir in tomatoes and serve.For a truly fat-free knock off, try using 2 cups of frozen peas (thawed). Also, a little avocado can go a long way. If desired, add 2-4 tbsp avocado for a more authentic taste but still with a lot less fat!

Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 90g
- ☐ Carbohydrate
- ☐ 60gDietary Fiber5.90gSugars0.30gProtein17g

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:13.635652003081%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 174.61kcal (8.73%), Fat: 7.94g (12.22%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 791.77mg (34.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.27%), Manganese: 0.81mg (40.67%), Iron: 4.99mg (27.74%), Fiber: 6.06g (24.26%), Phosphorus: 235.55mg (23.55%), Vitamin K: 22.32µg (21.25%), Magnesium: 84.6mg (21.15%), Copper: 0.4mg (20.24%), Potassium: 600.34mg (17.15%), Folate: 62.79µg (15.7%), Vitamin B2: 0.27mg (15.63%), Vitamin C: 12.72mg (15.42%), Vitamin B6: 0.3mg (14.95%), Vitamin B1: 0.17mg (11.39%), Calcium: 108.25mg (10.82%), Selenium: 6.65µg (9.49%), Zinc: 1.15mg (7.65%), Vitamin A: 356.1IU (7.12%), Vitamin E: 0.56mg (3.72%), Vitamin B3: 0.64mg (3.22%), Vitamin B5: 0.25mg (2.5%)