



Mango Pomegranate Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocado ripe (2 pounds total)
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.3 cup juice of lime fresh to taste
- ☐ 8 servings lime wedges
- ☐ 0.8 cup mangos diced peeled
- ☐ 0.8 cup pomegranate seeds (from 1 pomegranate)
- ☐ 2 tablespoons serrano chiles fresh finely chopped
- ☐ 1 cup onion white finely chopped

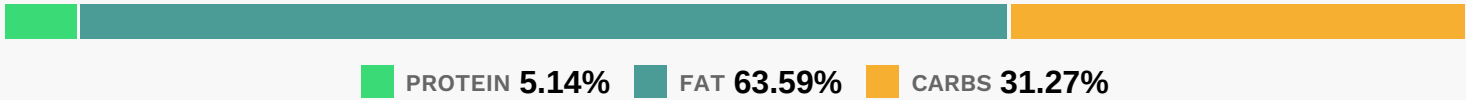
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ plastic wrap

Directions

- ☐ Halve, pit, and peel avocados. Coarsely mash in a bowl. Stir in onion, chiles, 1/4 cup lime juice, and 1 1/4 teaspoons salt, then fold in pomegranate seeds, mango, and cilantro. Season with salt and additional lime juice.
- ☐ Guacamole can be made 4 hours ahead and chilled, its surface covered with parchment paper or plastic wrap. Bring to room temperature and stir before serving.

Nutrition Facts



Properties

Glycemic Index:31.22, Glycemic Load:3.76, Inflammation Score:-6, Nutrition Score:11.436521799668%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 194.45kcal (9.72%), Fat: 15.06g (23.17%), Saturated Fat: 2.18g (13.66%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.03g (6.7%), Cholesterol: 0mg (0%), Sodium: 9.45mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Fiber: 8.16g (32.64%), Vitamin C: 23.22mg (28.14%),

Vitamin K: 27.94µg (26.61%), Folate: 100.01µg (25%), Potassium: 605.25mg (17.29%), Vitamin B6: 0.34mg (16.78%),
Vitamin E: 2.39mg (15.9%), Vitamin B5: 1.53mg (15.34%), Copper: 0.25mg (12.5%), Manganese: 0.21mg (10.46%),
Vitamin B3: 2mg (10.01%), Vitamin B2: 0.16mg (9.18%), Magnesium: 36.28mg (9.07%), Vitamin A: 420.9IU (8.42%),
Phosphorus: 68.96mg (6.9%), Vitamin B1: 0.1mg (6.4%), Zinc: 0.77mg (5.11%), Iron: 0.73mg (4.04%), Calcium:
22.36mg (2.24%), Selenium: 0.71µg (1.01%)