



Mexican Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados peeled mashed
- 0.3 cup cilantro leaves fresh chopped
- 1 bell pepper green chopped
- 1 jalapeno fresh chopped
- 1 juice of lime juiced
- 1 bell pepper red chopped
- 1 onion red minced
- 0.5 bell pepper yellow chopped

Equipment

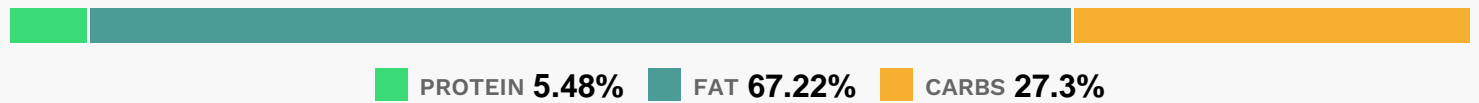
mixing bowl

Directions

In a medium-size mixing bowl, combine mashed avocados, onion, bell peppers, jalapeno pepper, cilantro, and lime juice.

Mix well, cover and refrigerate until you are ready to serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:20.819130358489%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 273.1kcal (13.65%), Fat: 22.38g (34.44%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 8.45g (3.07%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 14.9mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin C: 113.17mg (137.17%), Fiber: 12g (47.99%), Vitamin K: 40.25µg (38.34%), Folate: 150.38µg (37.6%), Vitamin B6: 0.62mg (30.91%), Vitamin A: 1423.4IU (28.47%), Potassium: 942.06mg (26.92%), Vitamin E: 3.88mg (25.88%), Vitamin B5: 2.3mg (23.04%), Manganese: 0.35mg (17.35%), Copper: 0.34mg (17.22%), Vitamin B3: 3.29mg (16.46%), Vitamin B2: 0.25mg (14.5%), Magnesium: 56.27mg (14.07%), Phosphorus: 106.22mg (10.62%), Vitamin B1: 0.16mg (10.33%), Zinc: 1.17mg (7.78%), Iron: 1.22mg (6.8%), Calcium: 33.47mg (3.35%), Selenium: 0.85µg (1.21%)