



Mock Pea Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup green onions sliced (2 onions)
- ☐ 0.3 teaspoon hot sauce
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 2 cups peas frozen english thawed
- ☐ 1 tablespoon salsa
- ☐ 0.3 teaspoon salt

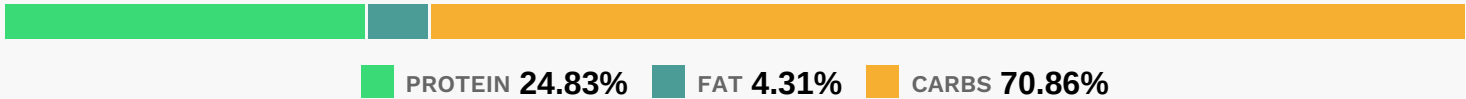
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife

Directions

- ☐ Position knife blade in food processor bowl.
- ☐ Add first 4 ingredients; process 30 seconds or until smooth, stopping once to scrape down sides.
- ☐ Add salsa and remaining ingredients; stir well.
- ☐ Serve with fat-free tortilla chips or raw vegetables.

Nutrition Facts



Properties

Glycemic Index:4.51, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:1.672608692361%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 10.89kcal (0.54%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.78g (0.86%), Cholesterol: 0mg (0%), Sodium: 30.67mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 7.45µg (7.09%), Vitamin C: 5.56mg (6.74%), Fiber: 0.76g (3.04%), Manganese: 0.05mg (2.7%), Vitamin A: 119.19IU (2.38%), Folate: 9.33µg (2.33%), Vitamin B1: 0.03mg (2.25%), Phosphorus: 14.19mg (1.42%), Vitamin B3: 0.27mg (1.36%), Copper: 0.02mg (1.19%), Iron: 0.21mg (1.18%), Vitamin B6: 0.02mg (1.17%), Magnesium: 4.59mg (1.15%), Potassium: 38.29mg (1.09%), Zinc: 0.16mg (1.07%), Vitamin B2: 0.02mg (1.06%)