



Mom's Awesome Guacamole

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted peeled mashed
- ☐ 0.3 cup grape tomatoes chopped
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 1 tablespoon key lime juice
- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons cup heavy whipping cream sour

Equipment

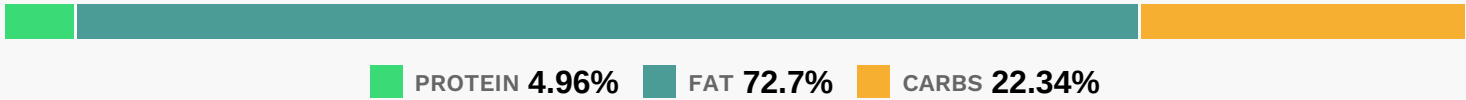
- ☐ bowl

☐ plastic wrap

Directions

- ☐ Gently stir avocado, tomatoes, and onion together in a bowl. Stir sour cream and lime juice into the avocado mixture. Season with salt and pepper; stir.
- ☐ Cover bowl with plastic wrap and refrigerate until guacamole is chilled, at least 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:3.9095652330181%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 72.73kcal (3.64%), Fat: 6.39g (9.84%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.73g (0.81%), Cholesterol: 1.42mg (0.47%), Sodium: 4.07mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Fiber: 2.88g (11.5%), Folate: 34.63µg (8.66%), Vitamin K: 9.06µg (8.63%), Vitamin C: 5.57mg (6.75%), Potassium: 220.61mg (6.3%), Vitamin E: 0.87mg (5.82%), Vitamin B5: 0.58mg (5.81%), Vitamin B6: 0.12mg (5.78%), Copper: 0.08mg (4.18%), Manganese: 0.08mg (4.15%), Vitamin B3: 0.74mg (3.7%), Vitamin B2: 0.06mg (3.48%), Magnesium: 13.27mg (3.32%), Phosphorus: 25.83mg (2.58%), Vitamin A: 116.42IU (2.33%), Vitamin B1: 0.03mg (2.15%), Zinc: 0.29mg (1.9%), Iron: 0.26mg (1.44%)