



Monte Albán Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds avocados ripe peeled seeded
- 0.5 teaspoon salt
- 1 teaspoon serrano chile minced seeded
- 1 cup tomatillo purée

Equipment

- bowl

Directions

- Combine Tomatillo Pure, serrano chile, salt, and avocados in a bowl, and mash the mixture to desired consistency. Cover and chill.

Nutrition Facts

PROTEIN 4.77% FAT 74.33% CARBS 20.9%

Properties

Glycemic Index:4.44, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:9.1656522051148%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 166.04kcal (8.3%), Fat: 14.97g (23.03%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 136.42mg (5.93%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Fiber: 7.04g (28.16%), Vitamin K: 22.68µg (21.6%), Folate: 82.72µg (20.68%), Potassium: 528.88mg (15.11%), Vitamin C: 11.9mg (14.42%), Vitamin E: 2.14mg (14.29%), Vitamin B5: 1.42mg (14.23%), Vitamin B6: 0.27mg (13.42%), Copper: 0.2mg (10.17%), Vitamin B3: 2.03mg (10.14%), Manganese: 0.17mg (8.32%), Magnesium: 32.22mg (8.05%), Vitamin B2: 0.14mg (8.02%), Phosphorus: 58.22mg (5.82%), Vitamin B1: 0.07mg (4.94%), Zinc: 0.68mg (4.52%), Iron: 0.65mg (3.6%), Vitamin A: 165.97IU (3.32%), Calcium: 13.23mg (1.32%)