



Party Guacamole



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 avocados mashed
- ☐ 0.5 cup spicy salsa chunky-style
- ☐ 0.5 cup cup heavy whipping cream sour

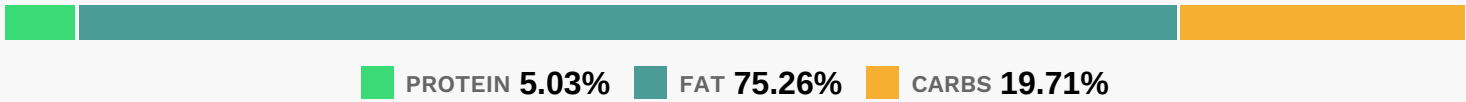
Equipment

- ☐ bowl

Directions

Stir avocado, salsa, and sour cream together in a bowl until creamy and even in color.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:7.451739192009%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 153.77kcal (7.69%), Fat: 13.9g (21.38%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.61g (1.79%), Cholesterol: 8.48mg (2.83%), Sodium: 116.33mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Fiber: 5.34g (21.37%), Vitamin K: 16.73µg (15.93%), Folate: 62.57µg (15.64%), Potassium: 425.46mg (12.16%), Vitamin E: 1.81mg (12.09%), Vitamin B6: 0.23mg (11.41%), Vitamin B5: 1.13mg (11.28%), Vitamin C: 7.98mg (9.67%), Copper: 0.16mg (7.82%), Vitamin B3: 1.51mg (7.53%), Vitamin B2: 0.13mg (7.49%), Magnesium: 25.73mg (6.43%), Manganese: 0.13mg (6.35%), Vitamin A: 277.6IU (5.55%), Phosphorus: 55.32mg (5.53%), Vitamin B1: 0.06mg (3.94%), Zinc: 0.56mg (3.75%), Calcium: 28.11mg (2.81%), Iron: 0.49mg (2.74%), Selenium: 0.98µg (1.4%)