



Party Plentiful Guacamole



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



9

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 avocados diced pitted peeled
- ☐ 3 ounce chile peppers green chopped canned
- ☐ 32 ounce curd cottage cheese
- ☐ 8 ounce cream cheese softened
- ☐ 2 tablespoons garlic salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 onion chopped
- ☐ 0.3 cup salsa

☐ 9 servings salt and pepper to taste

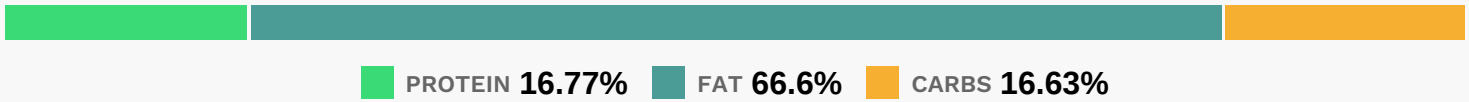
Equipment

☐ mixing bowl

Directions

- ☐ Place the avocados into a mixing bowl; mash with a fork.
- ☐ Mix in cream cheese, cottage cheese, onion, chili peppers, and salsa. Season with garlic salt, lemon juice, and salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:13.430434742699%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 339.62kcal (16.98%), Fat: 26.19g (40.3%), Saturated Fat: 8.74g (54.61%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 8.22g (2.99%), Sugar: 5.11g (5.67%), Cholesterol: 42.59mg (14.2%), Sodium: 2232.42mg (97.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.69%), Fiber: 6.49g (25.98%), Phosphorus: 240.85mg (24.08%), Folate: 95.1µg (23.78%), Vitamin B2: 0.35mg (20.43%), Vitamin B5: 1.99mg (19.88%), Vitamin K: 19.64µg (18.71%), Selenium: 12.46µg (17.81%), Potassium: 622.31mg (17.78%), Vitamin C: 14.5mg (17.57%), Vitamin B6: 0.33mg (16.52%), Vitamin E: 2.24mg (14.95%), Vitamin A: 656.99IU (13.14%), Calcium: 128.34mg (12.83%), Copper: 0.21mg (10.74%), Magnesium: 39.17mg (9.79%), Vitamin B3: 1.83mg (9.17%), Vitamin B12: 0.49µg (8.15%), Manganese: 0.16mg (8.02%), Zinc: 1.15mg (7.67%), Vitamin B1: 0.1mg (6.85%), Iron: 0.79mg (4.38%)