



Perfect Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



10 min.

SERVINGS



2

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados ripe
- 2 tablespoons cilantro leaves finely chopped (leaves and tender stems)
- 0.5 teaspoon coarse salt
- 1 tablespoon juice of lemon fresh
- 1 dash pepper black freshly grated
- 1 serrano chiles seeds removed, minced
- 0.5 tomatoes ripe chopped

Equipment

mixing bowl

plastic wrap

Directions

Cut avocados in half.

Remove seed. Scoop out avocado from the peel, put in a mixing bowl. (See How to

Cut and Peel an Avocado.)² Using a fork, roughly mash the avocado. (Don't overdo it! The guacamole should be a little chunky.)

Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours. Chilling tomatoes hurts their flavor, so don't chop the tomatoes or add to the guacamole until ready to serve. Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.³ Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready.⁴ Just before serving, chop the tomato, add to the guacamole and mix. Variations

For a very quick guacamole just take a 1/4 cup of salsa and mix it in with your mashed avocados. The simplest version of guacamole is just mashed avocados with salt. Don't let the lack of availability of other ingredients stop you from making guacamole. To extend a limited supply of avocados, add either sour cream or cottage cheese to your guacamole dip. Purists may be horrified, but so what? It tastes great. In fact, guacamole with a little cottage cheese added to it is my favorite.

Nutrition Facts

PROTEIN 4.86% FAT 73.95% CARBS 21.19%

Properties

Glycemic Index:71, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:18.887391401374%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate:

0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 329.96kcal (16.5%), Fat: 29.64g (45.61%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 597.55mg (25.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Fiber: 13.99g (55.97%), Vitamin K: 46.32µg (44.11%), Folate: 169.87µg (42.47%), Vitamin C: 28.67mg (34.75%), Potassium: 1067.47mg (30.5%), Vitamin E: 4.37mg (29.13%), Vitamin B5: 2.84mg (28.38%), Vitamin B6: 0.56mg (28.03%), Copper: 0.41mg (20.36%), Vitamin B3: 3.74mg (18.69%), Manganese: 0.34mg (16.83%), Vitamin B2: 0.27mg (15.97%), Magnesium: 62.99mg (15.75%), Vitamin A: 605.43IU (12.11%), Phosphorus: 113.97mg (11.4%), Vitamin B1: 0.15mg (9.99%), Zinc: 1.35mg (9.03%), Iron: 1.24mg (6.87%), Calcium: 28.82mg (2.88%), Selenium: 0.83µg (1.19%)