



Pesto Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

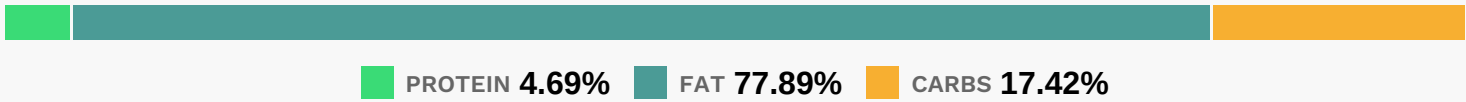
- ☐ 2 large avocados mashed
- ☐ 0.3 cup basil pesto
- ☐ 2 tablespoons juice of lemon
- ☐ 4 servings salt and pepper to taste

Equipment

Directions

Mix everything and enjoy!

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:9.2139130182888%

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 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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 222.43kcal (11.12%), Fat: 20.53g (31.58%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.35g (1.5%), Cholesterol: 1.24mg (0.41%), Sodium: 345.83mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Fiber: 7g (28.02%), Folate: 82.9µg (20.73%), Vitamin K: 21.1µg (20.1%), Vitamin C: 12.95mg (15.7%), Potassium: 495.19mg (14.15%), Vitamin B5: 1.41mg (14.06%), Vitamin E: 2.09mg (13.94%), Vitamin B6: 0.26mg (13.09%), Copper: 0.19mg (9.62%), Vitamin A: 459.66IU (9.19%), Vitamin B3: 1.76mg (8.78%), Vitamin B2: 0.13mg (7.75%), Magnesium: 29.6mg (7.4%), Manganese: 0.14mg (7.21%), Phosphorus: 52.86mg (5.29%), Vitamin B1: 0.07mg (4.61%), Zinc: 0.65mg (4.32%), Calcium: 37.58mg (3.76%), Iron: 0.65mg (3.61%)