



Pina Colada Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large avocados mashed
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 2 tablespoons full fat coconut cream
- ☐ 1 jalapeno diced finely
- ☐ 1 tablespoon juice of lime (- 1 lime)
- ☐ 0.5 cup pineapple diced (optionally grilled)
- ☐ 0.3 cup onion diced red finely
- ☐ 1 tablespoon rum (or 1 teaspoon rum extract)

☐

4 servings salt and pepper to taste

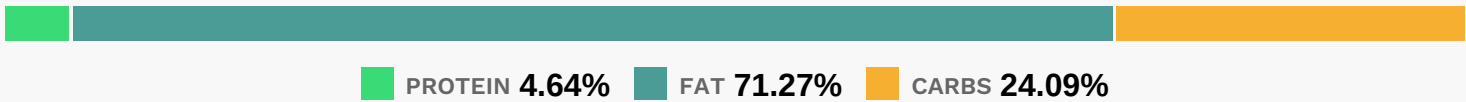
Equipment

Directions

☐

Mix everything and enjoy!

Nutrition Facts



Properties

Glycemic Index:47.42, Glycemic Load:2.4, Inflammation Score:-5, Nutrition Score:11.226521598256%

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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 201.84kcal (10.09%), Fat: 17.43g (26.81%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 201.96mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin C: 26.16mg (31.71%), Fiber: 7.47g (29.89%), Folate: 90.12µg (22.53%), Manganese: 0.45mg (22.48%), Vitamin K: 22.27µg (21.21%), Potassium: 562.51mg (16.07%), Vitamin B6: 0.31mg (15.66%), Vitamin B5: 1.49mg (14.88%), Vitamin E: 2.22mg (14.82%), Copper: 0.25mg (12.44%), Vitamin B3: 1.98mg (9.91%), Magnesium: 35.58mg (8.89%), Vitamin B2: 0.14mg (8.42%), Phosphorus: 67.44mg (6.74%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.77mg (5.11%), Iron: 0.82mg (4.56%), Vitamin A: 205.25IU (4.1%), Calcium: 19mg (1.9%)