



## Pineapple and Cucumber Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 pounds avocado ripe ( 3 medium)
- 1.3 cups cucumber english peeled
- 0.5 cup cilantro leaves fresh coarsely chopped
- 1.5 teaspoons kosher salt as needed plus more
- 2 tablespoons juice of lime as needed freshly squeezed plus more (from 2 medium limes)
- 1.5 cups pineapple fresh
- 0.5 cup onion red finely chopped
- 2 medium serrano chiles minced stemmed

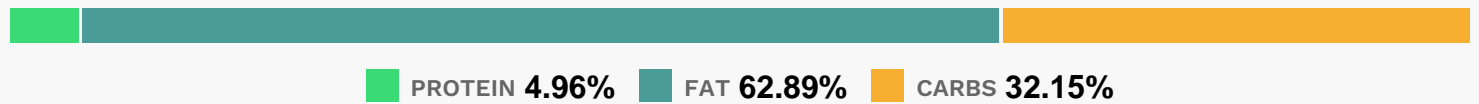
# Equipment

- bowl
- knife

# Directions

- Combine the cucumber, onion, chiles, measured lime juice, and measured salt in a large bowl. Halve and pit the avocados. Using a paring knife, score the flesh of the avocado halves in a 1/2-inch-wide cross-hatch pattern (be careful not to cut through the skin). Using a spoon, scoop the avocado pieces into the cucumber mixture.
- Add the pineapple and cilantro and stir to combine. Taste and season with additional lime juice and salt as needed.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:39.42, Glycemic Load:5.7, Inflammation Score:-7, Nutrition Score:18.351739168167%

# Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

# Nutrients (% of daily need)

Calories: 273.9kcal (13.7%), Fat: 21g (32.3%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 13.09g (4.76%), Sugar: 8.68g (9.64%), Cholesterol: 0mg (0%), Sodium: 885.42mg (38.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Vitamin C: 50.28mg (60.94%), Fiber: 11.06g (44.25%), Manganese: 0.84mg (42.2%), Vitamin K: 42.21µg (40.2%), Folate: 134.71µg (33.68%), Potassium: 860.42mg

(24.58%), Vitamin B6: 0.49mg (24.58%), Vitamin B5: 2.24mg (22.36%), Vitamin E: 3.05mg (20.32%), Copper: 0.37mg (18.48%), Vitamin B3: 2.91mg (14.55%), Magnesium: 56.56mg (14.14%), Vitamin B2: 0.23mg (13.35%), Vitamin B1: 0.17mg (11.11%), Phosphorus: 95.47mg (9.55%), Vitamin A: 444.18IU (8.88%), Zinc: 1.11mg (7.38%), Iron: 1.17mg (6.49%), Calcium: 38.11mg (3.81%), Selenium: 0.87µg (1.24%)