



Pomegranate Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large avocados pitted peeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onion chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup pomegranate seeds

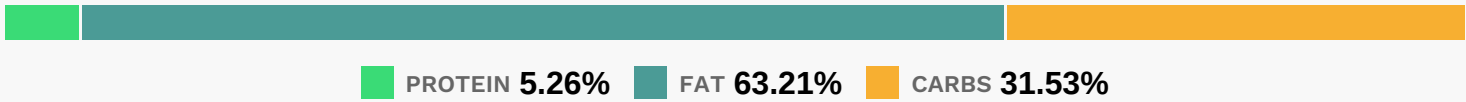
Equipment

- ☐ bowl

Directions

☐ Mash avocados in a bowl. Stir pomegranate seeds, cilantro, green onion, lime juice, serrano chile pepper, salt, and pepper into mashed avocado until well mixed.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:3.26, Inflammation Score:-4, Nutrition Score:7.8665217161179%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 132.25kcal (6.61%), Fat: 10.19g (15.67%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 5.69g (2.07%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 6.55mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 29.42µg (28.02%), Fiber: 5.74g (22.98%), Folate: 68µg (17%), Vitamin C: 11.2mg (13.58%), Potassium: 408.68mg (11.68%), Vitamin E: 1.6mg (10.65%), Vitamin B5: 1.05mg (10.45%), Vitamin B6: 0.2mg (9.87%), Copper: 0.18mg (8.87%), Manganese: 0.15mg (7.52%), Vitamin B3: 1.28mg (6.4%), Vitamin B2: 0.11mg (6.27%), Magnesium: 24.09mg (6.02%), Phosphorus: 47.05mg (4.7%), Vitamin B1: 0.07mg (4.44%), Vitamin A: 186.15IU (3.72%), Zinc: 0.55mg (3.65%), Iron: 0.54mg (2.98%), Calcium: 15.01mg (1.5%)