



Quick Guacamole



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 avocado ripe



8 servings hot sauce



1 juice of lime



8 servings salt and pepper



1 tablespoon cup heavy whipping cream sour



0.5 vidalia onion chopped finely

Equipment

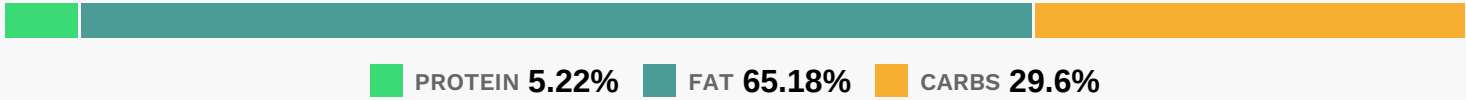


bowl

Directions

- ☐ In a medium bowl, add the avocado, lime juice, onions and sour cream and mix well.
- ☐ Add salt, pepper and hot sauce to taste.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:2.7195651941001%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg 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 Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 50.74kcal (2.54%), Fat: 4g (6.16%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.32g (1.47%), Cholesterol: 0.88mg (0.29%), Sodium: 200.39mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Fiber: 1.88g (7.54%), Folate: 25.58µg (6.4%), Vitamin C: 4.72mg (5.72%), Vitamin K: 5.39µg (5.13%), Vitamin B6: 0.09mg (4.68%), Potassium: 152.92mg (4.37%), Vitamin B5: 0.38mg (3.79%), Vitamin E: 0.54mg (3.59%), Copper: 0.06mg (3.04%), Manganese: 0.05mg (2.64%), Magnesium: 9.61mg (2.4%), Vitamin B3: 0.47mg (2.36%), Vitamin B2: 0.04mg (2.35%), Phosphorus: 20.33mg (2.03%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.2mg (1.31%), Iron: 0.2mg (1.1%)