



Ranch Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado ripe peeled seeded
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 to 3 garlic cloves minced
- ☐ 1 jalapeno minced seeded
- ☐ 1 juice of lemon juiced
- ☐ 1 cup peas frozen
- ☐ 0.5 cup onion sweet red finely chopped

- ☐ 0.5 teaspoon sea salt
- ☐ 1 tomatoes seeded chopped

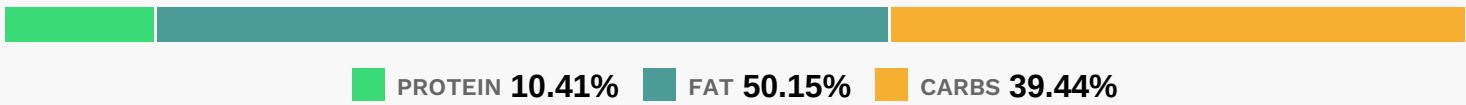
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ potato masher

Directions

- ☐ Slightly thaw frozen peas at room temperature.
- ☐ Place peas in a blender or food processor; process until smooth. Set aside.
- ☐ Mash avocado with a fork or potato masher in a medium bowl.
- ☐ Add in the lemon juice, tomato, onion, jalapeo, garlic, and cilantro. Season with sea salt and black pepper.
- ☐ Add prepared peas and mix well.
- ☐ Cover tightly and refrigerate for several hours.
- ☐ Serve with an array of fresh vegetables such as bell pepper strips, jicama, summer squash, and cherry tomatoes.
- ☐ Variation: You can also use steamed broccoli florets, asparagus tips, or edamame in place of the peas.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:4.3313043350759%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-

gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 50.79kcal (2.54%), Fat: 3.06g (4.71%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 119.9mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 12.92mg (15.66%), Fiber: 2.47g (9.88%), Vitamin K: 9.54µg (9.08%), Folate: 30.47µg (7.62%), Manganese: 0.13mg (6.35%), Vitamin B6: 0.11mg (5.57%), Vitamin A: 266.51IU (5.33%), Potassium: 181.82mg (5.19%), Vitamin B1: 0.06mg (4.17%), Copper: 0.08mg (3.97%), Vitamin B3: 0.76mg (3.82%), Vitamin E: 0.56mg (3.74%), Magnesium: 13.35mg (3.34%), Phosphorus: 32.88mg (3.29%), Vitamin B5: 0.33mg (3.26%), Vitamin B2: 0.05mg (3.03%), Zinc: 0.35mg (2.34%), Iron: 0.4mg (2.23%), Calcium: 10.67mg (1.07%)