



Roasted Corn and Onion Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 0.5 cup corn kernels fresh (1 ear)
- ☐ 8 servings guacamole
- ☐ 1 tablespoon onion red minced

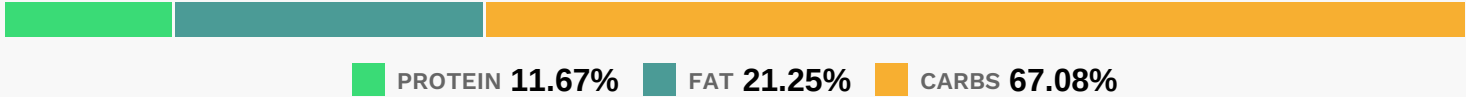
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add corn kernels to pan; saut 3 minutes or until corn begins to brown.
- ☐ Remove from pan; cool 2 minutes.
- ☐ Place Guacamole in a medium bowl; stir in corn, onion, cilantro, and pepper.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.58695652206307%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 10.06kcal (0.5%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Manganese: 0.03mg (1.29%), Folate: 4.88µg (1.22%), Fiber: 0.29g (1.14%), Vitamin B1: 0.02mg (1.03%)