



Sake Soy Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium avocados pitted ripe
- ☐ 1.5 tablespoons ginger finely grated
- ☐ 1 tablespoon green onion finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon sake
- ☐ 1 serrano chile seeded finely chopped
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1.5 tablespoons soya sauce

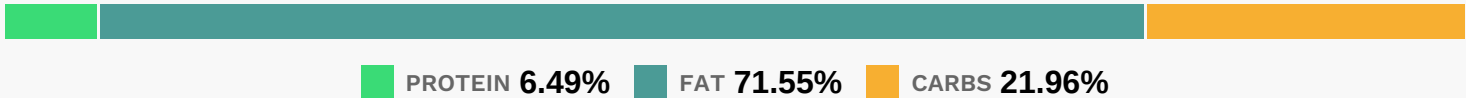
Equipment

☐ bowl

Directions

- ☐ Scoop avocado flesh into a bowl and mash with a fork (leave slightly chunky). Stir in all other ingredients except sesame seeds.
- ☐ Sprinkle with the seeds.
- ☐ *An aromatic herb; find shiso at Asian markets.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:6.960434794426%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 124.18kcal (6.21%), Fat: 10.54g (16.21%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 256.84mg (11.17%), Alcohol: 0.4g (100%), Alcohol %: 0.61% (100%), Protein: 2.15g (4.3%), Fiber: 4.8g (19.2%), Vitamin K: 16.29µg (15.51%), Folate: 57.94µg (14.48%), Vitamin C: 8.92mg (10.82%), Potassium: 360.28mg (10.29%), Vitamin B6: 0.2mg (10.1%), Copper: 0.2mg (9.77%), Vitamin B5: 0.96mg (9.61%), Vitamin E: 1.42mg (9.45%), Manganese: 0.16mg (7.94%), Vitamin B3: 1.44mg (7.22%), Magnesium: 27.63mg (6.91%), Vitamin B2: 0.1mg (5.89%), Phosphorus: 51.29mg (5.13%), Vitamin B1: 0.06mg (4.06%), Iron: 0.71mg (3.95%), Zinc: 0.57mg (3.79%), Vitamin A: 119.78IU (2.4%), Calcium: 23.88mg (2.39%), Selenium: 0.82µg (1.18%)