



Satan's Smoky Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 small avocados pitted ripe halved
- ☐ 2 tablespoons chipotle peppers in adobo sauce canned seeded finely chopped
- ☐ 0.7 cup cilantro leaves fresh packed chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.7 cup onion chopped
- ☐ 0.5 teaspoon salt

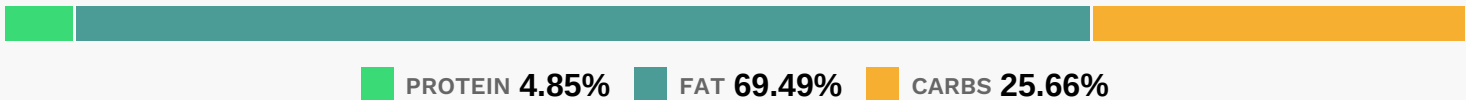
Equipment

bowl

Directions

- Scoop avocado flesh into bowl and mash with fork.
- Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:20.033478166746%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 351.28kcal (17.56%), Fat: 29.69g (45.68%), Saturated Fat: 4.3g (26.9%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 9.36g (3.4%), Sugar: 3.99g (4.44%), Cholesterol: 0mg (0%), Sodium: 405.91mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Fiber: 15.31g (61.25%), Vitamin K: 53.55µg (51%), Folate: 174.49µg (43.62%), Vitamin C: 31.78mg (38.53%), Potassium: 1082.79mg (30.94%), Vitamin B5: 2.89mg (28.89%), Vitamin E: 4.33mg (28.85%), Vitamin B6: 0.58mg (28.81%), Copper: 0.41mg (20.71%), Manganese: 0.36mg (18.17%), Vitamin B3: 3.63mg (18.16%), Vitamin B2: 0.28mg (16.58%), Magnesium: 66.15mg (16.54%), Phosphorus: 121.97mg (12.2%), Vitamin A: 552.28IU (11.05%), Vitamin B1: 0.16mg (10.81%), Iron: 1.73mg (9.62%), Zinc: 1.4mg (9.35%), Calcium: 41.79mg (4.18%), Selenium: 1.06µg (1.51%)