



Savory Mango Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large avocados pitted peeled
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 juice of lime juiced
- ☐ 1 mangos pitted peeled chopped
- ☐ 1 small onion red chopped
- ☐ 1 tablespoon salt

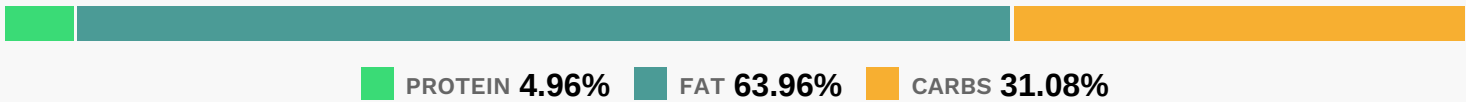
Equipment

bowl

Directions

- Mash avocados in a medium bowl to a lumpy consistency.
- Mix onion, mango, lime juice, garlic, salt, and cilantro into avocado.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:11.323478377384%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 192.12kcal (9.61%), Fat: 14.93g (22.98%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 8.68g (3.16%), Sugar: 6.27g (6.96%), Cholesterol: 0mg (0%), Sodium: 1171.27mg (50.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin C: 25.93mg (31.44%), Fiber: 7.65g (30.6%), Folate: 100.39µg (25.1%), Vitamin K: 23.3µg (22.19%), Vitamin B6: 0.34mg (17%), Potassium: 584.63mg (16.7%), Vitamin E: 2.41mg (16.08%), Vitamin B5: 1.5mg (15.02%), Copper: 0.24mg (12.15%), Manganese: 0.22mg (10.76%), Vitamin A: 536.5IU (10.73%), Vitamin B3: 2.02mg (10.1%), Vitamin B2: 0.15mg (8.9%), Magnesium: 35.24mg (8.81%), Phosphorus: 65.24mg (6.52%), Vitamin B1: 0.09mg (5.97%), Zinc: 0.73mg (4.86%), Iron: 0.69mg (3.82%), Calcium: 24.04mg (2.4%), Selenium: 0.9µg (1.29%)