



Simple Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large avocado ripe peeled
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh

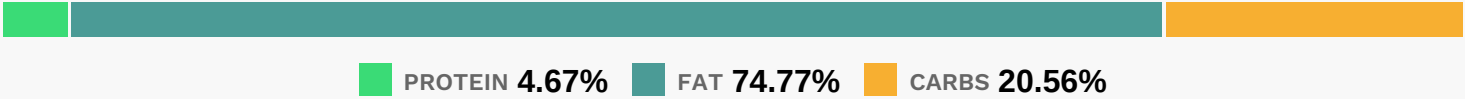
Equipment

- ☐ bowl

Directions

- ☐
- Place avocados in a medium bowl, and mash roughly with a fork.
- ☐
- Add fresh lime juice, kosher salt, and minced garlic clove; mash to desired consistency. Stir in chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:5.8682607645574%

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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 108.6kcal (5.43%), Fat: 9.85g (15.16%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 101.78mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Fiber: 4.51g (18.05%), Vitamin K: 14.51µg (13.82%), Folate: 54.62µg (13.65%), Potassium: 330.59mg (9.45%), Vitamin B5: 0.94mg (9.37%), Vitamin E: 1.4mg (9.31%), Vitamin C: 7.64mg (9.26%), Vitamin B6: 0.18mg (8.98%), Copper: 0.13mg (6.49%), Vitamin B3: 1.17mg (5.87%), Manganese: 0.1mg (5.24%), Vitamin B2: 0.09mg (5.19%), Magnesium: 19.79mg (4.95%), Phosphorus: 36.02mg (3.6%), Vitamin B1: 0.05mg (3.11%), Zinc: 0.44mg (2.92%), Vitamin A: 108.11IU (2.16%), Iron: 0.38mg (2.12%)