



Simple Guacamole from 'Ultimate Nachos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocado pitted halved lengthwise
- 1 juice of lime
- 0.5 onion diced red
- 8 servings salt
- 0.5 tomatoes diced seeded

Equipment

- bowl

Directions

- In a medium bowl, mash the avocados with a fork.
- Add the onion, tomato, and lime juice to the bowl. Using a fork, fold the ingredients over each other to maintain the guacamole's chunkiness. Season with salt to taste.

Nutrition Facts

PROTEIN 4.98% **FAT 71.32%** **CARBS 23.7%**

Properties

Glycemic Index:13.13, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:4.8391304728778%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 85.47kcal (4.27%), Fat: 7.41g (11.4%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 198.04mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Fiber: 3.59g (14.36%), Folate: 43.54µg (10.88%), Vitamin K: 11.21µg (10.68%), Vitamin C: 7.71mg (9.35%), Potassium: 276.4mg (7.9%), Vitamin E: 1.09mg (7.28%), Vitamin B6: 0.14mg (7.25%), Vitamin B5: 0.72mg (7.18%), Copper: 0.1mg (5.19%), Vitamin B3: 0.93mg (4.67%), Manganese: 0.09mg (4.51%), Magnesium: 16.41mg (4.1%), Vitamin B2: 0.07mg (4.07%), Phosphorus: 30.49mg (3.05%), Vitamin A: 139.41IU (2.79%), Vitamin B1: 0.04mg (2.71%), Zinc: 0.35mg (2.33%), Iron: 0.32mg (1.76%)