



## Skinny Garlic Guacamole

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 oz fennel bulb
- 11 oz flour tortilla for burritos (8 count)
- 1 serving pam original flavor shopping list
- 2 medium avocado pitted peeled
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon salt
- 0.1 teaspoon pepper black
- 1 Dash ground pepper red (cayenne)

- 0.3 cup onion red finely chopped
- 3 plum tomatoes seeds removed, chopped (Roma)
- 2 tablespoons cilantro leaves fresh chopped
- 1 serving savory vegetable fresh such as carrots and cucumbers assorted for dipping,

## Equipment

- bowl
- baking sheet
- oven
- baking pan
- toothpicks
- aluminum foil

## Directions

- Heat oven to 350°F. Carefully peel paper-like layers from around bulb of garlic, leaving just enough to hold garlic cloves together.
- Cut 1/4- to 1/2-inch slice from top of bulb to expose cloves.
- Place cut side up on 6-inch piece of foil; wrap securely in foil.
- Place in pie plate or shallow baking dish.
- Bake 40 to 45 minutes or until garlic is tender when pierced with toothpick or fork. Cool.
- Spray 2 large cookie sheets with cooking spray.
- Cut each tortilla into 12 wedges.
- Place in single layer on cookie sheets. Spray with cooking spray.
- Bake uncovered 8 to 10 minutes or until light golden brown and crisp.
- In medium bowl, mash avocados. Stir in 1 teaspoon of the roasted garlic,\* the lime juice, salt, black pepper and red pepper. Stir in onion, tomatoes and cilantro.
- Serve with baked tortilla chips and vegetables for dipping.

## Nutrition Facts



■ PROTEIN 8.81% ■ FAT 42.6% ■ CARBS 48.59%

## Properties

Glycemic Index:36.11, Glycemic Load:6.59, Inflammation Score:-7, Nutrition Score:9.9678260969079%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 192.46kcal (9.62%), Fat: 9.46g (14.55%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 19.12g (6.95%), Sugar: 2.62g (2.91%), Cholesterol: 0mg (0%), Sodium: 396.7mg (17.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Fiber: 5.15g (20.62%), Folate: 77.73µg (19.43%), Vitamin K: 17.83µg (16.98%), Vitamin A: 771.78IU (15.44%), Manganese: 0.31mg (15.28%), Vitamin B1: 0.23mg (15.19%), Vitamin B3: 2.61mg (13.05%), Vitamin C: 10.47mg (12.69%), Selenium: 8.02µg (11.46%), Phosphorus: 110.55mg (11.06%), Potassium: 367.91mg (10.51%), Vitamin B2: 0.17mg (10.14%), Iron: 1.72mg (9.55%), Vitamin B6: 0.17mg (8.58%), Copper: 0.15mg (7.5%), Vitamin B5: 0.74mg (7.37%), Vitamin E: 1.09mg (7.25%), Magnesium: 27.15mg (6.79%), Calcium: 65.4mg (6.54%), Zinc: 0.57mg (3.83%)