



## Smoky Vegetable Guacamole

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 small avocados peeled seeded
- 2 tablespoons balsamic vinegar
- 2 jalapeño peppers
- 3 tablespoons juice of lime fresh
- 2 tablespoons olive oil
- 1 large bell pepper red seeded quartered
- 0.5 teaspoon salt
- 6 large shallots peeled

- 0.5 cup cup heavy whipping cream light sour
- 1 large onion sweet cut into 3/4-inch-thick slices

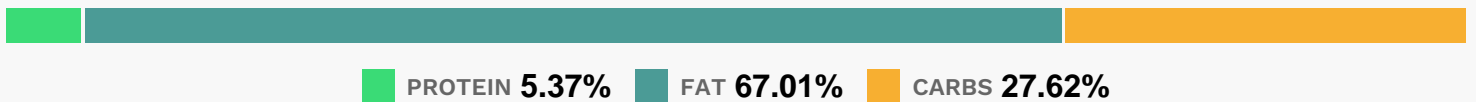
## Equipment

- bowl
- grill

## Directions

- Mash avocados and lime juice together in a medium bowl. Stir in sour cream, vinegar, and salt. Chill.
- Brush vegetables with oil, and place in a grill basket, if desired.
- Grill vegetables, without grill lid, over medium-high heat (350 to 400) minutes on each side.
- Remove vegetables; cool.
- Remove seeds from jalapeo peppers. Chop vegetables; stir into avocado mixture. Cover and chill, if desired.
- Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:28.25826081504%

## 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: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.52mg, Quercetin:

12.52mg, Quercetin: 12.52mg, Quercetin: 12.52mg

## Nutrients (% of daily need)

Calories: 498.6kcal (24.93%), Fat: 39.85g (61.32%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 20.46g (7.44%), Sugar: 11.89g (13.21%), Cholesterol: 10.06mg (3.35%), Sodium: 343.79mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Vitamin C: 91.49mg (110.89%), Fiber: 16.51g (66.06%), Folate: 219.63µg (54.91%), Vitamin K: 50.49µg (48.08%), Vitamin B6: 0.91mg (45.61%), Vitamin E: 6.21mg (41.4%), Potassium: 1385.65mg (39.59%), Vitamin A: 1754.88IU (35.1%), Vitamin B5: 3.15mg (31.48%), Manganese: 0.52mg (26.19%), Copper: 0.48mg (24.07%), Vitamin B2: 0.36mg (21.25%), Magnesium: 84.32mg (21.08%), Vitamin B3: 4.21mg (21.05%), Phosphorus: 185.35mg (18.53%), Vitamin B1: 0.23mg (15.36%), Zinc: 1.82mg (12.11%), Iron: 2.09mg (11.63%), Calcium: 102.78mg (10.28%), Selenium: 2.64µg (3.77%), Vitamin B12: 0.12µg (2.01%)