



Spicy Bacon Guacamole

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados ripe
- 4 strips bacon
- 0.5 teaspoon ground cumin
- 2 tablespoons pickled jalapeño jarred drained chopped
- 8 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lime fresh for serving
- 1 plum tomatoes seeded chopped
- 8 servings tortilla chips for serving

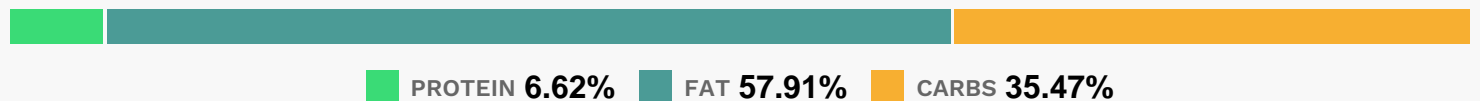
Equipment

- bowl
- frying pan

Directions

- Place the bacon in a large skillet and set over medium heat. Cook, turning, until crispy, 8 to 10 minutes.
- Transfer to a paper-towel-lined-plate to drain.
- Meanwhile, halve and pit the avocados. Scoop the avocado into a medium bowl and add the lime juice, cumin, 3/4 teaspoon salt and 1/4 teaspoon pepper. Mash with a fork until combined but still a bit chunky.
- Add the red onions, pickled jalapenos, brine and tomatoes, reserving a few pieces of tomato and some jalapenos for garnish.
- Crumble the bacon into the bowl, saving a spoonful for garnish, and stir together to combine.
- Garnish with the reserved bacon, tomato, jalapenos and a few squeezes of lime.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:8.2608696572159%

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 Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 262.19kcal (13.11%), Fat: 17.61g (27.1%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 19.1g (6.95%), Sugar: 0.94g (1.05%), Cholesterol: 7.26mg (2.42%), Sodium: 168.94mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Fiber: 5.17g (20.67%), Vitamin K: 17.89µg (17.04%), Vitamin E: 2.26mg (15.07%), Vitamin C: 11.08mg (13.43%), Folate: 46.41µg (11.6%), Vitamin B6: 0.23mg (11.6%), Vitamin B5: 1.11mg (11.15%), Phosphorus: 108.92mg (10.89%), Magnesium: 41.57mg (10.39%), Potassium: 349.57mg (9.99%), Vitamin B3: 1.66mg (8.28%), Vitamin B1: 0.11mg (7.27%), Copper: 0.14mg (6.86%), Vitamin B2: 0.1mg (5.82%), Zinc: 0.87mg (5.77%), Selenium: 3.68µg (5.25%), Manganese: 0.1mg (5.11%), Iron: 0.88mg (4.9%), Calcium: 39.7mg (3.97%), Vitamin A: 186.32IU (3.73%)