



Spicy Basil Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 medium avocados pitted ripe peeled halved chopped (recommended: Hass)
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup basil leaves fresh finely chopped
- 1 clove garlic minced
- 2 green onions thinly sliced
- 1 juice of lemon juiced
- 1 juice of lime juiced
- 1 teaspoon kosher salt

- 1 tablespoon pepper flakes red crushed to taste
- 1 medium tomatoes red ripe seeded coarsely chopped

Equipment

- mixing bowl
- plastic wrap

Directions

- In a large mixing bowl, mash 1 of the chopped avocados with a fork.
- Add the remaining chopped avocados, the garlic, tomatoes, lime juice, lemon juice, green onions, basil, crushed red pepper flakes, salt and pepper; stir to combine. Taste and adjust the seasoning, as needed, with crushed red pepper flakes, salt and pepper, to taste.
- If not serving immediately, sprinkle a bit of lemon juice over the top and cover put plastic wrap directly on top of the guacamole surface. Store in the refrigerator for up to 2 days.

Nutrition Facts

■ PROTEIN **5.35%** ■ FAT **70.9%** ■ CARBS **23.75%**

Properties

Glycemic Index:24.2, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:6.9952173207117%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 103.84kcal (5.19%), Fat: 9.02g (13.88%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.97g (1.07%), Cholesterol: 0mg (0%), Sodium: 251.06mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin K: 22.04µg (20.99%), Fiber: 4.58g (18.31%), Folate:

53.77µg (13.44%), Vitamin C: 10.43mg (12.65%), Vitamin E: 1.65mg (11%), Potassium: 354.12mg (10.12%), Vitamin A: 485.26IU (9.71%), Vitamin B6: 0.19mg (9.52%), Vitamin B5: 0.87mg (8.69%), Copper: 0.14mg (6.86%), Manganese: 0.14mg (6.84%), Vitamin B3: 1.24mg (6.21%), Vitamin B2: 0.09mg (5.41%), Magnesium: 21.48mg (5.37%), Phosphorus: 39.13mg (3.91%), Vitamin B1: 0.05mg (3.37%), Iron: 0.57mg (3.19%), Zinc: 0.46mg (3.09%), Calcium: 15.4mg (1.54%)