



## Spicy Corn Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup corn whole frozen thawed
- ☐ 2 avocado diced pitted ripe peeled
- ☐ 0.3 cup onion diced red
- ☐ 12 oz juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) diced hot drained
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons salad dressing
- ☐ 0.5 teaspoon salt
- ☐ 48 tortilla chips

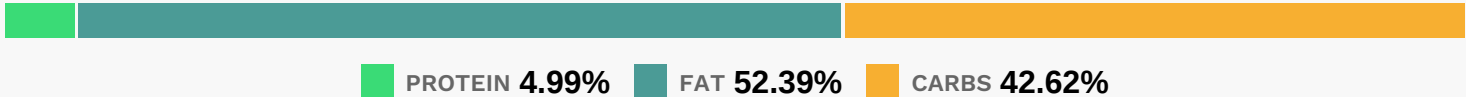
# Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ In 8-inch nonstick skillet, cook corn over medium-high heat 5 to 8 minutes, stirring occasionally, until lightly toasted.
- ☐ Meanwhile, in medium bowl, mix remaining ingredients except tortilla chips with fork, mashing avocados. Stir in corn.
- ☐ Serve with tortilla chips.

# Nutrition Facts



# Properties

Glycemic Index:4.19, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.1439130720885%

# Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

# Nutrients (% of daily need)

Calories: 97.88kcal (4.89%), Fat: 6g (9.23%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 8.76g (3.18%), Sugar: 0.56g (0.63%), Cholesterol: 0mg (0%), Sodium: 448.04mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Fiber: 2.22g (8.88%), Vitamin K: 8.16µg (7.77%), Vitamin E: 0.88mg (5.87%), Folate: 23.45µg (5.86%), Vitamin B5: 0.46mg (4.61%), Potassium: 151mg (4.31%), Vitamin B6: 0.09mg (4.28%), Vitamin C: 3.35mg (4.06%), Magnesium: 15.85mg (3.96%), Phosphorus: 36.49mg (3.65%), Copper: 0.06mg (2.99%), Vitamin B3: 0.56mg (2.79%), Vitamin B2: 0.04mg (2.39%), Vitamin B1: 0.03mg (2.14%), Manganese: 0.04mg (2.13%), Zinc: 0.31mg (2.04%), Iron: 0.3mg (1.65%), Calcium: 13.76mg (1.38%)