



Spicy Guacamole With Mango

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



550 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 avocados pitted peeled halved
- 1 jalapeño chile peppers
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 cup jicama diced peeled finely
- 0.5 juice of lime
- 3 servings kosher salt and pepper freshly ground
- 1 mangos diced pitted peeled
- 3 tablespoons onion red minced

- 3 servings tortilla chips for serving
- 1 tablespoon vegetable oil

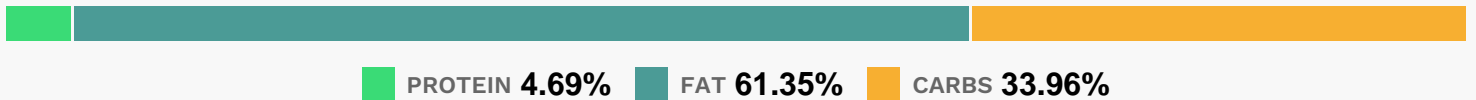
Equipment

- bowl
- frying pan

Directions

- Warm the vegetable oil in a small skillet over medium-high heat.
- Add the chiles and cook, turning, until the skins blister, about 5 minutes.
- Let cool, then stem and finely chop.
- Combine the chopped chiles with the mango, cilantro, lime juice and onion in a bowl. Season with salt and pepper.
- Mash the avocados in a medium bowl.
- Mix in the mango-chile mixture and the jicama. Season with salt and pepper and serve with chips.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:65.92, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:25.526087087134%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 550.1kcal (27.51%), Fat: 40.19g (61.83%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 32.58g (11.85%), Sugar: 12.09g (13.43%), Cholesterol: 0mg (0%), Sodium: 301.96mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.81%), Fiber: 17.47g (69.88%), Vitamin C: 57.4mg (69.58%), Vitamin K: 60.71µg (57.82%), Folate: 202.18µg (50.55%), Vitamin E: 6.42mg (42.83%), Vitamin B6: 0.69mg (34.58%), Potassium: 1206.99mg (34.49%), Vitamin B5: 3.32mg (33.23%), Copper: 0.5mg (25.19%), Magnesium: 93.45mg (23.36%), Vitamin A: 1107.43IU (22.15%), Vitamin B3: 4.32mg (21.58%), Vitamin B2: 0.32mg (18.84%), Phosphorus: 185.96mg (18.6%), Manganese: 0.36mg (18.06%), Vitamin B1: 0.21mg (13.69%), Zinc: 1.8mg (11.99%), Iron: 1.81mg (10.08%), Calcium: 67.76mg (6.78%), Selenium: 2.68µg (3.82%)