



 **21%**
HEALTH SCORE

Spicy Seasoned Loaded Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocado soft peeled
- 1 tablespoon juice of lime
- 0.3 teaspoon citrus champagne vinegar
- 0.5 onion red minced
- 1 serrano chiles minced
- 2 tablespoons cilantro leaves chopped
- 1 roma tomatoes diced
- 0.5 teaspoon salt

- 0.3 teaspoon pepper black freshly ground
- 0.1 teaspoon cumin
- 0.1 teaspoon garlic powder

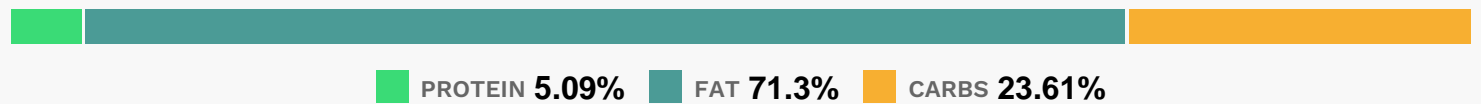
Equipment

- bowl

Directions

- In a medium bowl, mash avocado and mix with lime juice and vinegar.
- Stir in the salt, pepper, cumin, and garlic powder.
- Mix in red onion, Serrano pepper, cilantro, and chopped tomato.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.2, Inflammation Score:-5, Nutrition Score:9.8786956521739%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Taste

Sweetness: 23.02%, Saltiness: 11.69%, Sourness: 21.2%, Bitterness: 5.39%, Savoriness: 4.94%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 171.47kcal (8.57%), Fat: 14.85g (22.84%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 3.78g (1.38%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 299.57mg (13.02%), Protein: 2.38g (4.77%), Fiber: 7.28g (29.1%), Vitamin K: 23.41µg (22.3%), Folate: 87.26µg (21.81%), Vitamin C: 15.05mg (18.24%), Potassium: 558.32mg (15.95%), Vitamin B6: 0.3mg (14.93%), Vitamin E: 2.19mg (14.63%), Vitamin B5: 1.44mg (14.38%), Copper: 0.21mg (10.59%), Manganese: 0.2mg (10.11%), Vitamin B3: 1.89mg (9.46%), Magnesium: 33.44mg (8.36%), Vitamin B2: 0.14mg (8.23%), Phosphorus: 62.11mg (6.21%), Vitamin A: 307.02IU (6.14%), Vitamin B1: 0.08mg (5.48%), Zinc: 0.71mg (4.73%), Iron: 0.71mg (3.92%), Calcium: 19mg (1.9%)