



## Stella's Avocado, Egg, and Onion

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



244 kcal

SIDE DISH

### Ingredients

- 1 avocado mashed
- 2 hard-cooked eggs mashed
- 0.3 onion finely chopped
- 2 servings salt to taste

### Equipment

- bowl

# Directions

Stir the egg, avocado, onion, and salt together in bowl until well-mixed.

# Nutrition Facts

**PROTEIN 13.19%** **FAT 70.55%** **CARBS 16.26%**

## Properties

Glycemic Index:33.5, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:13.327826085298%

## 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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 243.8kcal (12.19%), Fat: 20.09g (30.91%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 3.45g (1.25%), Sugar: 1.81g (2.01%), Cholesterol: 186.5mg (62.17%), Sodium: 263.38mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Fiber: 6.97g (27.87%), Folate: 106.02µg (26.5%), Vitamin B2: 0.39mg (22.99%), Selenium: 15.87µg (22.67%), Vitamin B5: 2.11mg (21.12%), Vitamin K: 21.31µg (20.3%), Vitamin E: 2.6mg (17.32%), Vitamin B6: 0.34mg (16.76%), Potassium: 570.54mg (16.3%), Phosphorus: 142.25mg (14.22%), Vitamin C: 11.07mg (13.42%), Copper: 0.2mg (10.15%), Vitamin B12: 0.56µg (9.25%), Vitamin B3: 1.8mg (8.98%), Magnesium: 35.53mg (8.88%), Manganese: 0.17mg (8.7%), Vitamin A: 407.01IU (8.14%), Zinc: 1.19mg (7.95%), Vitamin D: 1.1µg (7.33%), Vitamin B1: 0.11mg (7.11%), Iron: 1.18mg (6.55%), Calcium: 40.34mg (4.03%)