



Taqueria Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 large avocado pitted ripe peeled halved chopped
- 2 tablespoons cilantro leaves fresh chopped
- 8 servings kosher salt
- 2 tablespoons juice of lime fresh

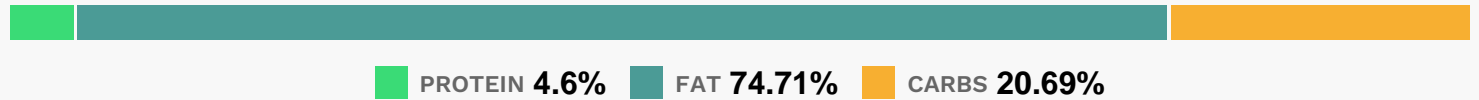
Equipment

- bowl
- mortar and pestle

Directions

- Mash avocado, lime juice, and a pinch of salt in a mortar and pestle or a medium bowl with a fork until thick and smooth.
- Mix in 1/4 cup water 1 tablespoonful at a time until mixture is creamy and smooth. Stir in cilantro. Season with salt.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:4.3995652289494%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 81.36kcal (4.07%), Fat: 7.39g (11.37%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 197.43mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Fiber: 3.38g (13.54%), Vitamin K: 10.89µg (10.37%), Folate: 41.14µg (10.28%), Vitamin C: 6.18mg (7.49%), Potassium: 248.66mg (7.1%), Vitamin B5: 0.7mg (7.03%), Vitamin E: 1.05mg (7.01%), Vitamin B6: 0.13mg (6.54%), Copper: 0.1mg (4.84%), Vitamin B3: 0.88mg (4.4%), Vitamin B2: 0.07mg (3.89%), Magnesium: 14.9mg (3.73%), Manganese: 0.07mg (3.65%), Phosphorus: 26.7mg (2.67%), Vitamin B1: 0.03mg (2.31%), Zinc: 0.33mg (2.17%), Vitamin A: 81.99IU (1.64%), Iron: 0.28mg (1.57%)