



Taqueria Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados ripe
- ☐ 10 servings coarse salt
- ☐ 1 medium jalapeño fresh seeded finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 plum tomatoes seeded chopped
- ☐ 1 small onion white finely chopped

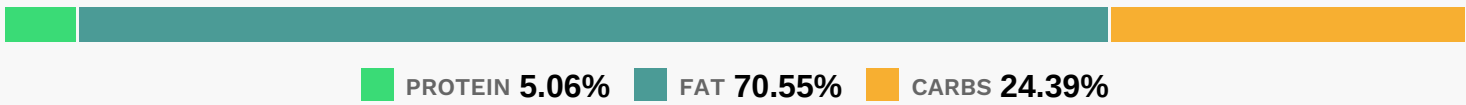
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Halve avocados lengthwise around pit.
- ☐ Remove pit with a large spoon, then scoop out flesh into a bowl. Squeeze the lemon juice into bowl.
- ☐ Add tomato, onion, and jalapeno, and mash guacamole with a fork to desired consistency. Season guacamole with salt, to taste.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:4.0947825247827%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 69.3kcal (3.47%), Fat: 5.94g (9.14%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 197.27mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Fiber: 2.93g (11.74%), Vitamin C: 8.21mg (9.95%), Folate: 35.8µg (8.95%), Vitamin K: 9.22µg (8.78%), Potassium: 226.49mg (6.47%), Vitamin B6: 0.12mg (6.2%), Vitamin E: 0.92mg (6.14%), Vitamin B5: 0.58mg (5.81%), Copper: 0.08mg (4.2%), Vitamin B3: 0.77mg (3.83%), Manganese: 0.08mg (3.77%), Magnesium: 13.44mg (3.36%), Vitamin B2: 0.06mg (3.34%), Vitamin A: 125.75IU (2.52%), Phosphorus: 25.03mg (2.5%), Vitamin B1: 0.03mg (2.25%), Zinc: 0.28mg (1.89%), Iron: 0.26mg (1.44%)