



## The Secret Ingredient (Chipotle): Smoky Chipotle Guacamole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons chipotle sauce (from the chipotle can)
- 2 chipotle sauce diced finely
- 0.3 cup cilantro leaves roughly chopped
- 1 clove garlic grated
- 3 haas avocados
- 1 juice of lime
- 4 servings kosher salt

- 0.1 onion diced red finely
- 2 vine ripened tomato diced seeds removed, finely ripe

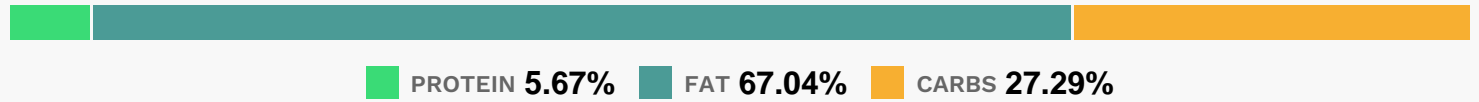
## Equipment

- bowl
- wooden spoon

## Directions

- Scoop the flesh of the avocado into a large bowl.
- Add the rest of the ingredients, and use a wooden spoon to mash everything together.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:16.13869568576%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## Nutrients (% of daily need)

Calories: 276.49kcal (13.82%), Fat: 22.56g (34.7%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 7.99g (2.91%), Sugar: 5.37g (5.97%), Cholesterol: 0mg (0%), Sodium: 213.42mg (9.28%), Alcohol: 0g (100%), Protein: 4.29g (8.58%), Fiber: 12.67g (50.7%), Vitamin K: 39.69µg (37.8%), Folate: 133.38µg (33.34%), Vitamin C: 26.51mg (32.13%), Potassium: 898.94mg (25.68%), Vitamin E: 3.5mg (23.3%), Vitamin B6: 0.45mg (22.72%), Vitamin B5: 2.17mg (21.72%), Copper: 0.33mg (16.54%), Vitamin A: 803.76IU (16.08%), Manganese: 0.31mg (15.36%), Vitamin B3: 3.02mg (15.1%), Magnesium: 51.88mg (12.97%), Vitamin B2: 0.21mg (12.48%), Phosphorus: 96.82mg (9.68%), Vitamin B1: 0.13mg (8.63%), Zinc: 1.1mg (7.3%), Iron: 1.04mg (5.78%), Calcium: 28.23mg (2.82%), Selenium: 0.74µg (1.06%)